

## Sangrita de Toro

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



125 kcal

BEVERAGE

DRINK

## Ingredients

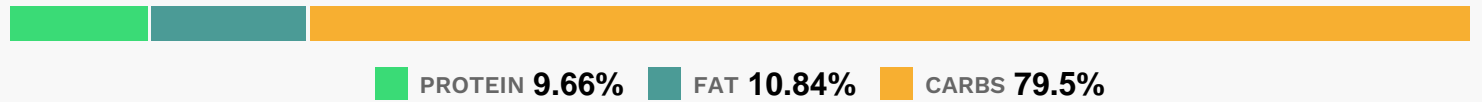
- 1 teaspoon ground arbol chiles\* plus 1 arbol chile whole with a mallet crushed
- 3 dashes hot sauce such as tapatío
- 1 tablespoon kosher salt
- 1 lime wedge plus tbsp. lime juice
- 3 tbsp percent tequila blanco such as patrón or herradura
- 6 tbsp bloody mary mix
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## Equipment

## Directions

- Combine salt and ground chiles on a small plate. Rub the rim of a chilled 12-oz. glass with lime wedge, then dip in salt mixture.
- Fill a cocktail shaker three-quarters full with ice.
- Add lime juice, tequila, Bloody Mary mix, and hot sauce and shake until cold.
- Pour ice mixture into glass and garnish with whole chile. For a thinner cocktail, let it sit on ice about 5 minutes.
- \*Find arbol chiles at Latino markets. Grind about 2 minutes in a clean spice grinder.

## Nutrition Facts



## Properties

Glycemic Index:47, Glycemic Load:0.44, Inflammation Score:-7, Nutrition Score:3.3265216972517%

## Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 125.35kcal (6.27%), Fat: 0.32g (0.5%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 3.42g (1.24%), Sugar: 2.33g (2.59%), Cholesterol: 0mg (0%), Sodium: 6989.66mg (303.9%), Alcohol: 15.03g (100%), Alcohol %: 22.09% (100%), Protein: 0.65g (1.3%), Vitamin A: 1315.06IU (26.3%), Vitamin C: 7.01mg (8.5%), Fiber: 1.92g (7.68%), Vitamin K: 5.45µg (5.19%), Vitamin B2: 0.06mg (3.83%), Manganese: 0.07mg (3.41%), Potassium: 113.3mg (3.24%), Iron: 0.48mg (2.69%), Vitamin B6: 0.05mg (2.43%), Vitamin B3: 0.47mg (2.35%), Copper: 0.04mg (1.89%), Magnesium: 5.61mg (1.4%), Vitamin E: 0.19mg (1.3%), Phosphorus: 12.91mg (1.29%), Calcium: 12.5mg (1.25%)