



## Screwrita

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

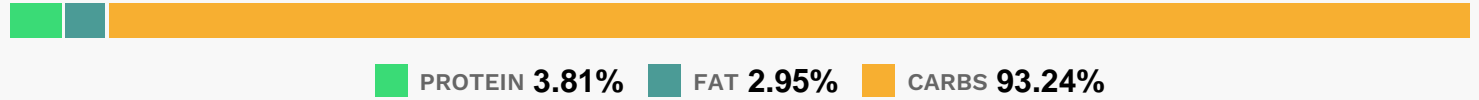
- 0.5 cup ice cubes
- 1 dash juice of lime fresh
- 0.5 cup orange juice
- 1 teaspoon sugar
- 1 fluid ounce tequila
- 0.5 fluid ounce triple sec

## Equipment

## Directions

- Fill a glass with ice.
- Pour the orange juice, tequila, triple sec, sugar, and lime juice over the ice; stir.

## Nutrition Facts



## Properties

Glycemic Index:137.09, Glycemic Load:9.37, Inflammation Score:-6, Nutrition Score:5.7786955068941%

## Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 15.04mg, Hesperetin: 15.04mg, Hesperetin: 15.04mg, Hesperetin: 15.04mg Naringenin: 2.66mg, Naringenin: 2.66mg, Naringenin: 2.66mg, Naringenin: 2.66mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 185.67kcal (9.28%), Fat: 0.31g (0.47%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 21.85g (7.28%), Net Carbohydrates: 21.59g (7.85%), Sugar: 19.21g (21.35%), Cholesterol: 0mg (0%), Sodium: 8.72mg (0.38%), Alcohol: 13.72g (100%), Alcohol %: 5.93% (100%), Caffeine: 3.84mg (1.28%), Protein: 0.89g (1.79%), Vitamin C: 62.75mg (76.06%), Folate: 37.45µg (9.36%), Vitamin B1: 0.11mg (7.64%), Potassium: 256.03mg (7.32%), Vitamin A: 249.25IU (4.99%), Copper: 0.09mg (4.33%), Magnesium: 15.47mg (3.87%), Vitamin B3: 0.52mg (2.62%), Vitamin B6: 0.05mg (2.54%), Vitamin B2: 0.04mg (2.43%), Vitamin B5: 0.24mg (2.39%), Phosphorus: 23.5mg (2.35%), Calcium: 17.73mg (1.77%), Iron: 0.27mg (1.52%), Manganese: 0.03mg (1.29%), Fiber: 0.26g (1.03%)