



Skinny Cucumber Lime SPAgarita



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

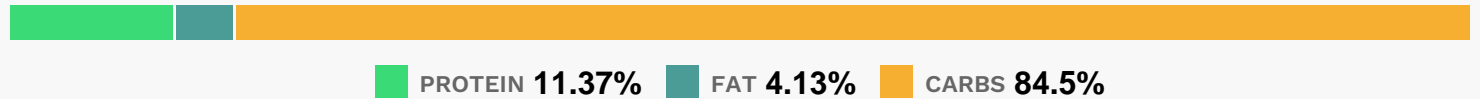
- 3 slices cucumber english seedless ()
- 0.5 cranberry-orange relish
- 1 oz tequila
- 0.8 oz clear candies orange-flavored
- 0.5 oz juice of lime fresh
- 0.5 oz seltzer water chilled
- 1 slices cucumber for garnish

Equipment

Directions

- Add cucumber slices and 1/2 orange slice to cocktail shaker; break up with muddler or spoon.
- Add tequila, orange-flavored liqueur and lime juice. Fill shaker with ice; cover and shake vigorously. Strain into cocktail glass.
- Top with club soda.
- Garnish as desired.

Nutrition Facts



Properties

Glycemic Index:72.5, Glycemic Load:2.63, Inflammation Score:-7, Nutrition Score:11.428695689077%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 19.12mg, Hesperetin: 19.12mg, Hesperetin: 19.12mg, Hesperetin: 19.12mg Naringenin: 10.09mg, Naringenin: 10.09mg, Naringenin: 10.09mg, Naringenin: 10.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 147.46kcal (7.37%), Fat: 0.44g (0.68%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 20.4g (6.8%), Net Carbohydrates: 17.16g (6.24%), Sugar: 11.67g (12.97%), Cholesterol: 0mg (0%), Sodium: 9.92mg (0.43%), Alcohol: 9.47g (100%), Alcohol %: 2.6% (100%), Protein: 2.74g (5.49%), Vitamin C: 48.06mg (58.25%), Vitamin K: 51.76µg (49.29%), Potassium: 604.15mg (17.26%), Manganese: 0.28mg (13.79%), Fiber: 3.24g (12.95%), Magnesium: 49.23mg (12.31%), Folate: 43.89µg (10.97%), Vitamin B5: 1.01mg (10.06%), Vitamin B1: 0.15mg (9.91%), Vitamin A: 487.1IU (9.74%), Phosphorus: 88.64mg (8.86%), Vitamin B6: 0.17mg (8.67%), Copper: 0.17mg (8.65%), Calcium: 79.79mg (7.98%), Vitamin B2: 0.13mg (7.89%), Iron: 0.98mg (5.44%), Zinc: 0.72mg (4.79%), Vitamin B3: 0.52mg (2.58%), Selenium: 1.28µg (1.84%), Vitamin E: 0.24mg (1.63%)