



## Skinny Cucumber Lime SPAgarita

 Vegetarian  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

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

### 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

 **PROTEIN 6.65%**  **FAT 2.37%**  **CARBS 90.98%**

## Properties

Glycemic Index:141.77, Glycemic Load:11.93, Inflammation Score:-7, Nutrition Score:11.709565287051%

## Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 22.13mg, Hesperetin: 22.13mg, Hesperetin: 22.13mg, Hesperetin: 22.13mg Naringenin: 10.33mg, Naringenin: 10.33mg, Naringenin: 10.33mg, Naringenin: 10.33mg 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: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 213.35kcal (10.67%), Fat: 0.45g (0.69%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 38.5g (12.83%), Net Carbohydrates: 35.08g (12.75%), Sugar: 29.15g (32.39%), Cholesterol: 0mg (0%), Sodium: 10.77mg (0.47%), Alcohol: 9.47g (100%), Alcohol %: 2.6% (100%), Protein: 2.82g (5.63%), Vitamin C: 49.98mg (60.58%), Vitamin K: 51.29µg (48.85%), Potassium: 612.83mg (17.51%), Manganese: 0.29mg (14.41%), Fiber: 3.43g (13.71%), Magnesium: 49.23mg (12.31%), Folate: 43.89µg (10.97%), Vitamin B5: 1.02mg (10.19%), Vitamin B1: 0.15mg (9.9%), Vitamin A: 485.56IU (9.71%), Copper: 0.18mg (9.01%), Phosphorus: 89.28mg (8.93%), Vitamin B6: 0.18mg (8.89%), Vitamin B2: 0.14mg (8.35%), Calcium: 82.4mg (8.24%), Iron: 1.1mg (6.09%), Zinc: 0.76mg (5.07%), Vitamin B3: 0.55mg (2.77%), Selenium: 1.48µg (2.11%), Vitamin E: 0.26mg (1.72%)