



Strawberry and Tequila Cooler



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



6 min.

SERVINGS



6

CALORIES



149 kcal

BEVERAGE

DRINK

Ingredients

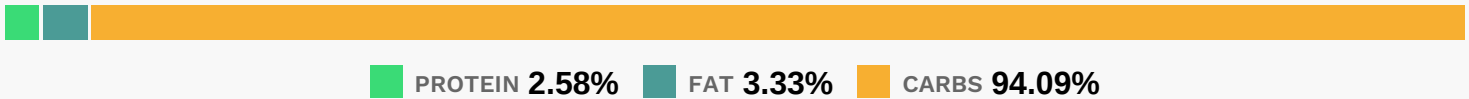
- ☐ 4 ounces agave syrup
- ☐ 6 servings club soda
- ☐ 4 sprigs mint leaves fresh for garnish
- ☐ 6 servings ice cubes crushed
- ☐ 1 slices optional: lemon
- ☐ 16 ounces strawberries fresh
- ☐ 6 ounces tequila

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ Muddle the strawberries with the lemon slices, mint, and agave syrup in a large pitcher.
- ☐ Add the tequila and stir well.
- ☐ Pour over rocks glasses filled with crushed ice. Top each glass with club soda and garnish with mint leaves before serving.

Nutrition Facts



Properties

Glycemic Index:15.92, Glycemic Load:3.9, Inflammation Score:-4, Nutrition Score:5.430869522302%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 149.07kcal (7.45%), Fat: 0.32g (0.49%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 20.45g (6.82%), Net Carbohydrates: 18.82g (6.84%), Sugar: 16.58g (18.42%), Cholesterol: 0mg (0%), Sodium: 2.29mg (0.1%), Alcohol: 9.47g (100%), Alcohol %: 9.47% (100%), Protein: 0.56g (1.12%), Vitamin C: 48.5mg (58.78%), Manganese: 0.31mg (15.3%), Fiber: 1.64g (6.54%), Folate: 24.7µg (6.18%), Vitamin K: 5.92µg (5.63%), Vitamin B6: 0.08mg (4.09%),

Potassium: 122.41mg (3.5%), Vitamin B2: 0.05mg (3%), Vitamin B1: 0.04mg (2.93%), Vitamin E: 0.41mg (2.71%),
Magnesium: 10.66mg (2.67%), Copper: 0.05mg (2.34%), Vitamin B3: 0.44mg (2.19%), Iron: 0.38mg (2.11%),
Phosphorus: 20.14mg (2.01%), Calcium: 14.29mg (1.43%)