



Surfer on Acid Swizzle



Gluten Free



Dairy Free



Low Fod Map

READY IN



240 min.

SERVINGS



1

CALORIES



978 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 ounce chartreuse green
- ☐ 2 ounces coconut water
- ☐ 1 serving lime
- ☐ 0.8 ounce juice of lime freshly squeezed
- ☐ 0.5 ounce pineapple
- ☐ 1 cup sugar
- ☐ 2 ounces tequila such as pueblo viejo
- ☐ 1 cup water

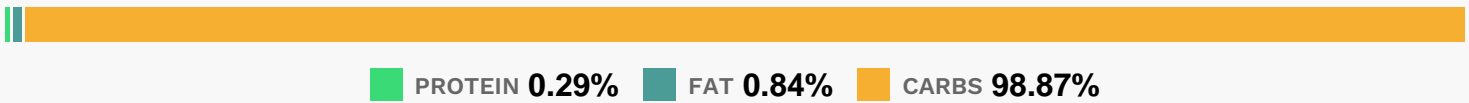
Equipment

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine pineapple chunks, sugar, and water in a medium saucepan on medium heat. Stir to combine and let simmer until sugar dissolves, about 5 minutes.
- ☐ Remove from heat and let cool. Cover and allow to infuse in the refrigerator at least 5 hours or overnight. Strain syrup through a fine mesh strainer and discard solids. Syrup will keep in a sealed container in the refrigerator for up to 1 week.
- ☐ For the Cocktail: In a tall glass filled with crushed ice combine tequila, coconut water, lime juice, and pineapple syrup. Swizzle together with a swizzle stick by rotating it between your hands as if you were rubbing your hands to get warm. (If you don't have a swizzle stick, stir with a barspoon.) Float Green Chartreuse on top, garnish with lime wheel, and serve.

Nutrition Facts



Properties

Glycemic Index:230.76, Glycemic Load:141.58, Inflammation Score:-2, Nutrition Score:3.3726086461026%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 4.92mg, Hesperetin: 4.92mg, Hesperetin: 4.92mg, Hesperetin: 4.92mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 977.75kcal (48.89%), Fat: 0.8g (1.23%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 211.19g (70.4%), Net Carbohydrates: 210.08g (76.39%), Sugar: 208.4g (231.56%), Cholesterol: 0mg (0%), Sodium: 74.64mg (3.25%), Alcohol: 26.74g (100%), Alcohol %: 5.59% (100%), Protein: 0.62g (1.25%), Vitamin C: 16.55mg (20.06%), Manganese: 0.23mg (11.73%), Copper: 0.11mg (5.62%), Potassium: 194.35mg (5.55%), Magnesium: 20.36mg (5.09%), Vitamin B2: 0.08mg (4.81%), Fiber: 1.1g (4.41%), Calcium: 29.83mg (2.98%), Selenium: 1.83µg (2.61%), Vitamin B1: 0.04mg (2.6%), Vitamin B6: 0.05mg (2.28%), Iron: 0.39mg (2.16%), Phosphorus: 18.98mg (1.9%), Folate: 6.94µg (1.73%), Zinc: 0.16mg (1.1%)