



Tequila Cocktails



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



178 kcal

BEVERAGE

DRINK

Ingredients

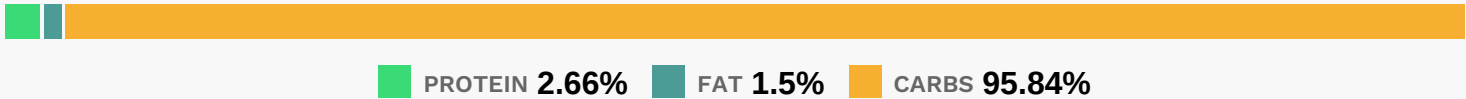
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 6 servings ice cubes crushed
- ☐ 12 ounces lemon-lime soda
- ☐ 1 cup pineapple fresh chopped
- ☐ 12 ounces pineapple juice fresh
- ☐ 10 ounces tequila white

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine tequila, pineapple juice, soda, pineapple and mint in a pitcher.
- ☐ Serve over crushed ice and garnish with fresh mint leaves.

Nutrition Facts



Properties

Glycemic Index:19.94, Glycemic Load:5.19, Inflammation Score:-3, Nutrition Score:3.9321739262213%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 177.51kcal (8.88%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 17.09g (5.7%), Net Carbohydrates: 16.44g (5.98%), Sugar: 14.14g (15.72%), Cholesterol: 0mg (0%), Sodium: 8.18mg (0.36%), Alcohol: 15.78g (100%), Alcohol %: 10.47% (100%), Caffeine: 8.5mg (2.83%), Protein: 0.47g (0.95%), Manganese: 0.57mg (28.56%), Vitamin C: 19.41mg (23.53%), Vitamin B6: 0.09mg (4.52%), Folate: 17.29µg (4.32%), Copper: 0.09mg (4.28%), Vitamin B1: 0.06mg (3.93%), Potassium: 115.86mg (3.31%), Magnesium: 12.18mg (3.05%), Fiber: 0.65g (2.59%), Iron: 0.38mg (2.12%), Vitamin A: 98.43IU (1.97%), Calcium: 16.67mg (1.67%), Vitamin B2: 0.03mg (1.62%), Vitamin B3: 0.3mg (1.48%)