



Tequila Fruit Dip and Dressing

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



8

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons juice of lime sweetened
- 1 cup cream sour
- 0.3 cup sugar
- 2 tablespoons tequila

Equipment

- bowl

Directions

Stir together the sour cream, tequila, lime juice, and sugar in a small serving bowl.

Nutrition Facts

PROTEIN 3.38% **FAT 59.47%** **CARBS 37.15%**

Properties

Glycemic Index:10.64, Glycemic Load:4.36, Inflammation Score:-1, Nutrition Score:1.0226086927173%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 90.59kcal (4.53%), Fat: 5.6g (8.62%), Saturated Fat: 2.9g (18.15%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 7.86g (2.86%), Sugar: 7.28g (8.09%), Cholesterol: 16.96mg (5.65%), Sodium: 9.09mg (0.4%), Alcohol: 1.25g (100%), Alcohol %: 3.74% (100%), Protein: 0.72g (1.43%), Vitamin A: 180.99IU (3.62%), Calcium: 29.63mg (2.96%), Vitamin B2: 0.05mg (2.95%), Phosphorus: 22.52mg (2.25%), Vitamin C: 1.38mg (1.68%), Selenium: 1.11µg (1.58%), Potassium: 40.53mg (1.16%), Vitamin B12: 0.06µg (1.01%), Vitamin B5: 0.1mg (1.01%)