



Tequila Mai Tai Oh My

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



161 kcal

BEVERAGE

DRINK

Ingredients

- 4 cocktail umbrellas for garnish, optional
- 1 tablespoon grenadine syrup plus more for garnish
- 2 ounces guava blend juice
- 2 cups ice cubes
- 0.5 cup mangos fresh
- 4 maraschino cherries for garnish, optional
- 0.3 cup orange juice fresh
- 1 cup pineapple chunks fresh plus more for garnish

1 tablespoon powdered sugar

0.5 cup tequila blanco

Equipment

blender

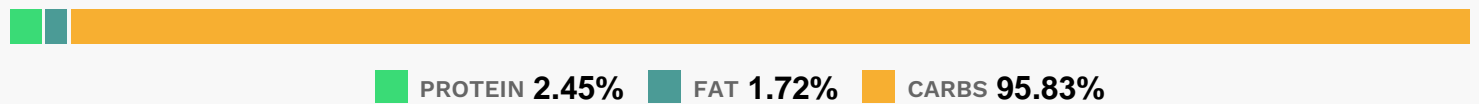
Directions

Watch how to make this recipe.

Place the pineapple, mango, powdered sugar, ice, tequila, orange juice, guava juice and grenadine into a blender and process until smooth.

Garnish with pineapple, a swirl of grenadine, a cherry and an umbrella, if desired.

Nutrition Facts



Properties

Glycemic Index:68.44, Glycemic Load:5.67, Inflammation Score:-4, Nutrition Score:3.6117391171663%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 161.23kcal (8.06%), Fat: 0.19g (0.29%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 23.27g (7.76%), Net Carbohydrates: 21.85g (7.95%), Sugar: 20.52g (22.8%), Cholesterol: 0mg (0%), Sodium: 9.41mg (0.41%), Alcohol: 10.02g (100%), Alcohol %: 4.69% (100%), Protein: 0.59g (1.19%), Vitamin C: 24.38mg (29.55%), Copper: 0.13mg (6.38%), Vitamin A: 288.07IU (5.76%), Fiber: 1.42g (5.67%), Vitamin B1: 0.08mg (5.47%), Potassium: 157.71mg (4.51%), Folate: 16.51µg (4.13%), Vitamin B6: 0.08mg (3.81%), Magnesium: 14.27mg (3.57%), Calcium: 20.07mg (2.01%), Vitamin B3: 0.38mg (1.88%), Vitamin B2: 0.03mg (1.6%), Iron: 0.27mg (1.5%), Vitamin E: 0.21mg (1.41%), Vitamin K: 1.4µg (1.33%), Manganese: 0.02mg (1.14%), Phosphorus: 11.32mg (1.13%)