



Tequila por mi Amante



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



258 kcal

BEVERAGE

DRINK

Ingredients



1 quart strawberries very ripe



750 mL tequila

Equipment



cheesecloth

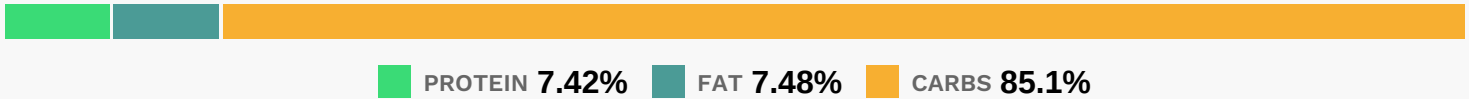
Directions



Wash and stem the strawberries and cut them in half (or in quarters if your berries are large).

- Place the cut berries in a quart-size jar, adding until the jar is about three-quarters full.
- Add tequila until the berries are completely covered. Store the jar in a cool place and let the mixture soak for three weeks, agitating the jar every day or so. After three weeks, taste the mixture; let soak for a few days more if necessary, otherwise strain through cheesecloth, lightly pressing the berry pulp to extract the last drops of infused tequila. Keep refrigerated, and use within a couple of weeks.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:2.69, Inflammation Score:-6, Nutrition Score:7.0978259923665%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 257.54kcal (12.88%), Fat: 0.35g (0.55%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 9.09g (3.03%), Net Carbohydrates: 6.72g (2.44%), Sugar: 5.78g (6.43%), Cholesterol: 0mg (0%), Sodium: 2.13mg (0.09%), Alcohol: 31.76g (100%), Alcohol %: 18.87% (100%), Protein: 0.79g (1.59%), Vitamin C: 69.56mg (84.31%), Manganese: 0.47mg (23.69%), Fiber: 2.37g (9.46%), Folate: 28.39µg (7.1%), Potassium: 182.89mg (5.23%), Copper: 0.08mg (3.84%), Magnesium: 15.38mg (3.84%), Phosphorus: 32.19mg (3.22%), Iron: 0.52mg (2.91%), Vitamin B6: 0.06mg (2.83%), Vitamin K: 2.6µg (2.48%), Vitamin B3: 0.47mg (2.34%), Vitamin E: 0.34mg (2.29%), Vitamin B1: 0.03mg (2.27%), Calcium: 18.93mg (1.89%), Vitamin B2: 0.03mg (1.75%), Vitamin B5: 0.15mg (1.48%), Zinc: 0.2mg (1.36%)