

Tequila Sangria

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



250 min.

SERVINGS



8

CALORIES



215 kcal

BEVERAGE

DRINK

Ingredients

- 0.7 cup agave nectar syrup
- 12 large mint leaves fresh
- 2 cups lemon-lime soda chilled
- 2 lemons sliced into thin rounds
- 0.3 cup juice of lime freshly squeezed
- 2 limes sliced into thin rounds
- 1 naval orange halved sliced into thin rounds
- 0.5 cup silver tequila

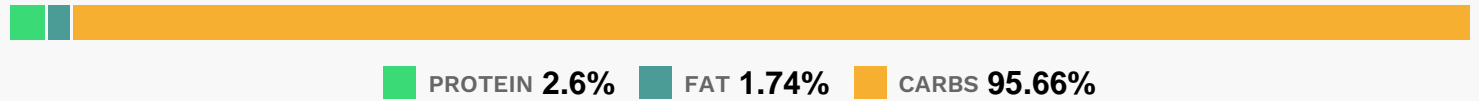
1 bottle white wine such as a sauvignon blanc chilled

Equipment

Directions

- Place the sliced fruit and mint in a large pitcher and use a muddler to mash them together.
- Add the agave syrup, tequila and lime juice. Stir, and then stir in the white wine. Cover and refrigerate at least 4 hours and up to 24 hours.
- To serve, divide the fruit mixture among 8 glasses. Top each with about 1/4 cup lemon-lime soda and serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:3.61, Inflammation Score:-5, Nutrition Score:3.946956447933%

Flavonoids

Eriodictyol: 6.4mg, Eriodictyol: 6.4mg, Eriodictyol: 6.4mg, Eriodictyol: 6.4mg Hesperetin: 20.03mg, Hesperetin: 20.03mg, Hesperetin: 20.03mg, Hesperetin: 20.03mg Naringenin: 3.26mg, Naringenin: 3.26mg, Naringenin: 3.26mg, Naringenin: 3.26mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 215.1kcal (10.76%), Fat: 0.24g (0.36%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 29.14g (9.71%), Net Carbohydrates: 27.34g (9.94%), Sugar: 21.1g (23.44%), Cholesterol: 0mg (0%), Sodium: 8.27mg (0.36%), Alcohol: 14.85g (100%), Alcohol %: 7.37% (100%), Caffeine: 8.85mg (2.95%), Protein: 0.79g (1.58%), Vitamin C: 33.76mg (40.92%), Fiber: 1.8g (7.22%), Vitamin B6: 0.09mg (4.32%), Folate: 17.19µg (4.3%), Vitamin K: 4.27µg (4.07%), Vitamin B1: 0.06mg (3.76%), Vitamin B2: 0.05mg (3.02%), Potassium: 102.99mg (2.94%), Calcium: 25.16mg (2.52%), Vitamin A: 118.66IU (2.37%), Iron: 0.4mg (2.2%), Vitamin E: 0.3mg (2.02%), Copper: 0.04mg (2%), Magnesium: 7.38mg (1.85%), Manganese: 0.04mg (1.81%), Vitamin B5: 0.14mg (1.43%), Vitamin B3: 0.28mg (1.4%), Phosphorus: 12.56mg (1.26%)