

Tequila Sunrise



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



1101 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 serving ice cubes
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 1 serving orange juice freshly squeezed
- ☐ 4 cups pomegranate juice
- ☐ 0.5 cup sugar
- ☐ 1.5 ounces tequila

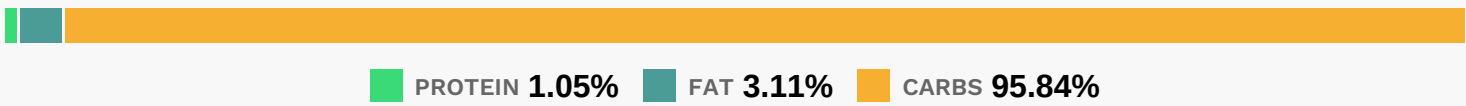
Equipment

- ☐ sauce pan

Directions

- ☐ Fill a Collins or highball glass with ice.
- ☐ Add the tequila.
- ☐ Add enough orange juice to come almost to the top of the glass; the amount will vary depending on the size of the glass. Gently pour the pomegranate syrup into the glass and serve. Do not stir.
- ☐ Place the pomegranate juice, sugar and lemon juice in a 4-quart saucepan set over medium heat. Cook, stirring occasionally, until the sugar has completely dissolved. Once the sugar has dissolved, reduce the heat to medium-low and cook until the mixture has reduced to 1 1/2 cups, approximately 50 minutes. It should be the consistency of syrup.
- ☐ Remove from the heat and allow to cool in the saucepan for 30 minutes.
- ☐ Transfer to a glass jar and allow to cool completely before covering and storing in the refrigerator for up to 6 months.
- ☐ Place the pomegranate juice, sugar and lemon juice in a 4-quart saucepan set over medium heat. Cook, stirring occasionally, until the sugar has completely dissolved. Once the sugar has dissolved, reduce the heat to medium-low and cook until the mixture has reduced to 1 cup, approximately 70 minutes. It should be the consistency of thick syrup.
- ☐ Remove from the heat and allow to cool in the saucepan for 30 minutes.
- ☐ Transfer to a glass jar and allow to cool completely before covering and storing in the refrigerator for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:137.09, Glycemic Load:78.83, Inflammation Score:-8, Nutrition Score:26.968695578368%

Flavonoids

Cyanidin: 23.9mg, Cyanidin: 23.9mg, Cyanidin: 23.9mg, Cyanidin: 23.9mg Delphinidin: 8.07mg, Delphinidin: 8.07mg, Delphinidin: 8.07mg, Delphinidin: 8.07mg Pelargonidin: 0.9mg, Pelargonidin: 0.9mg, Pelargonidin: 0.9mg, Pelargonidin: 0.9mg Eriodictyol: 1.02mg, Eriodictyol: 1.02mg, Eriodictyol: 1.02mg, Eriodictyol: 1.02mg Hesperetin: 22.49mg, Hesperetin: 22.49mg, Hesperetin: 22.49mg, Hesperetin: 22.49mg Naringenin: 3.85mg, Naringenin:

3.85mg, Naringenin: 3.85mg, Naringenin: 3.85mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg

Nutrients (% of daily need)

Calories: 1100.87kcal (55.04%), Fat: 3.58g (5.51%), Saturated Fat: 0.81g (5.09%), Carbohydrates: 248.79g (82.93%), Net Carbohydrates: 247.41g (89.97%), Sugar: 239.95g (266.62%), Cholesterol: 0mg (0%), Sodium: 95.72mg (4.16%), Alcohol: 14.2g (100%), Alcohol %: 1.3% (100%), Protein: 2.74g (5.47%), Vitamin C: 91.8mg (111.27%), Vitamin K: 103.75µg (98.81%), Folate: 293.04µg (73.26%), Potassium: 2489.74mg (71.14%), Manganese: 0.98mg (49.17%), Vitamin B5: 3.18mg (31.81%), Vitamin E: 3.88mg (25.84%), Vitamin B6: 0.47mg (23.69%), Magnesium: 89.88mg (22.47%), Vitamin B1: 0.31mg (20.57%), Copper: 0.31mg (15.56%), Vitamin B3: 3.02mg (15.1%), Phosphorus: 141.36mg (14.14%), Calcium: 131.84mg (13.18%), Vitamin B2: 0.22mg (13.14%), Iron: 1.41mg (7.86%), Vitamin A: 340.9IU (6.82%), Zinc: 1.02mg (6.81%), Fiber: 1.38g (5.52%), Selenium: 3.77µg (5.39%)