

Tequila Sunrise



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



257 kcal

BEVERAGE

DRINK

Ingredients

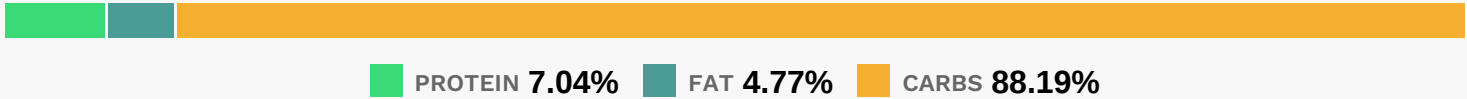
- ☐ 1 teaspoon grenadine syrup
- ☐ 1 serving squeezed orange juice to fill glass fresh
- ☐ 2 ounce tequila
- ☐ 1 slice garnishes (orange cherry, star fruit)

Equipment

Directions

- Place 3 or 4 ice cubes in a tall glass.
- Pour in the tequila followed by the orange juice. Stir to combine. Slowly pour the grenadine on top and let it sit a few moments with out stirring. The syrup will sink to the bottom creating that name sake sunrise effect. Finish with any or all of the suggested garnishes

Nutrition Facts



Properties

Glycemic Index:203, Glycemic Load:14.56, Inflammation Score:-7, Nutrition Score:9.6078260890816%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 20.32mg, Hesperetin: 20.32mg, Hesperetin: 20.32mg, Hesperetin: 20.32mg Naringenin: 3.64mg, Naringenin: 3.64mg, Naringenin: 3.64mg, Naringenin: 3.64mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 257.03kcal (12.85%), Fat: 0.7g (1.07%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 28.96g (9.65%), Net Carbohydrates: 25.6g (9.31%), Sugar: 21.37g (23.75%), Cholesterol: 0mg (0%), Sodium: 6.05mg (0.26%), Alcohol: 18.94g (100%), Alcohol %: 7.04% (100%), Protein: 2.31g (4.63%), Vitamin C: 122.15mg (148.06%), Folate: 63.96µg (15.99%), Potassium: 486.45mg (13.9%), Fiber: 3.36g (13.46%), Copper: 0.24mg (11.81%), Vitamin B1: 0.17mg (11.43%), Vitamin A: 405.88IU (8.12%), Vitamin B5: 0.75mg (7.45%), Magnesium: 29.74mg (7.44%), Vitamin B3: 1.08mg (5.42%), Phosphorus: 44.37mg (4.44%), Vitamin B6: 0.09mg (4.35%), Vitamin B2: 0.07mg (4.19%), Manganese: 0.07mg (3.7%), Iron: 0.45mg (2.51%), Calcium: 22.3mg (2.23%), Zinc: 0.25mg (1.63%), Vitamin E: 0.23mg (1.53%), Selenium: 0.85µg (1.22%)