



Tequila Sunrise Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



6

CALORIES



67 kcal

BEVERAGE

DRINK

Ingredients



1 liter citrus-flavored club soda



0.5 small grapefruit unpeeled cut into 1-inch chunks



6 servings ice cubes



2 limes quartered



1 small cranberry-orange relish unpeeled sliced for garnish cut into 1-inch chunks, plus 1 orange, ,



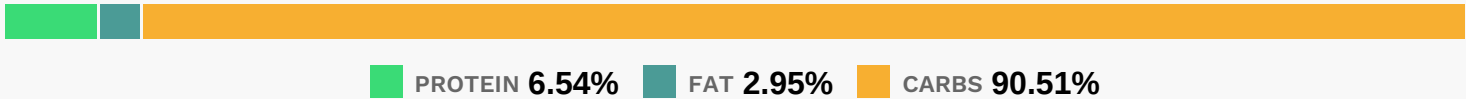
0.5 cup gold tequila

Equipment

Directions

- ☐ In a pitcher measure tequila, club soda, and cut fruit.
- ☐ Add enough ice to the pitcher so that the punch rises to the top.
- ☐ Pour into tall glasses and garnish with sliced orange.

Nutrition Facts



Properties

Glycemic Index:19.08, Glycemic Load:1.57, Inflammation Score:-4, Nutrition Score:2.4943478301815%

Flavonoids

Hesperetin: 14.02mg, Hesperetin: 14.02mg, Hesperetin: 14.02mg, Hesperetin: 14.02mg Naringenin: 8.65mg, Naringenin: 8.65mg, Naringenin: 8.65mg, Naringenin: 8.65mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 67.42kcal (3.37%), Fat: 0.09g (0.13%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 6.02g (2.01%), Net Carbohydrates: 4.74g (1.72%), Sugar: 3.02g (3.36%), Cholesterol: 0mg (0%), Sodium: 38.45mg (1.67%), Alcohol: 6.68g (100%), Alcohol %: 2.84% (100%), Protein: 0.44g (0.87%), Vitamin C: 20.21mg (24.5%), Fiber: 1.28g (5.1%), Vitamin A: 238.83IU (4.78%), Calcium: 27.45mg (2.74%), Copper: 0.05mg (2.51%), Potassium: 77.97mg (2.23%), Folate: 8.75µg (2.19%), Vitamin B1: 0.03mg (1.93%), Magnesium: 6.67mg (1.67%), Zinc: 0.23mg (1.52%), Vitamin B6: 0.03mg (1.41%), Vitamin B5: 0.13mg (1.32%), Iron: 0.19mg (1.04%), Phosphorus: 10.06mg (1.01%)