



Tequila Sunset



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



132 kcal

BEVERAGE

DRINK

Ingredients



2 cups orange juice



0.3 cup prickly pear cactus syrup



2 cups pineapple juice



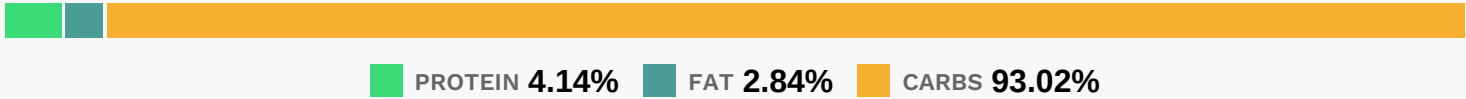
1 cup silver tequila

Equipment

Directions

- ☐ Mix tequila and juices in a large pitcher.
- ☐ Pour about 2/3 cup tequila mixture into a glass filled with ice.
- ☐ Drizzle in 2 tsp. syrup, stirring slightly to blend. Repeat with remaining glasses.
- ☐ *Available at well-stocked beverage stores or through desertusa.com
- ☐ Make ahead: Through step 1, 2 hours, chilled.

Nutrition Facts



Properties

Glycemic Index:18.72, Glycemic Load:7.03, Inflammation Score:-4, Nutrition Score:4.7343478824781%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 132.29kcal (6.61%), Fat: 0.2g (0.31%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 15.06g (5.02%), Net Carbohydrates: 14.61g (5.31%), Sugar: 11.75g (13.06%), Cholesterol: 0mg (0%), Sodium: 2.17mg (0.09%), Alcohol: 10.02g (100%), Alcohol %: 8.05% (100%), Protein: 0.67g (1.34%), Vitamin C: 37.19mg (45.08%), Manganese: 0.31mg (15.73%), Folate: 29.69µg (7.42%), Vitamin B1: 0.09mg (6.17%), Potassium: 209.08mg (5.97%), Vitamin B6: 0.09mg (4.3%), Copper: 0.08mg (3.99%), Magnesium: 14.37mg (3.59%), Vitamin A: 128.63IU (2.57%), Vitamin B2: 0.03mg (2%), Vitamin B3: 0.38mg (1.9%), Iron: 0.33mg (1.84%), Fiber: 0.45g (1.8%), Phosphorus: 17.26mg (1.73%), Vitamin B5: 0.15mg (1.54%), Calcium: 15.09mg (1.51%)