

The Orange Beach



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

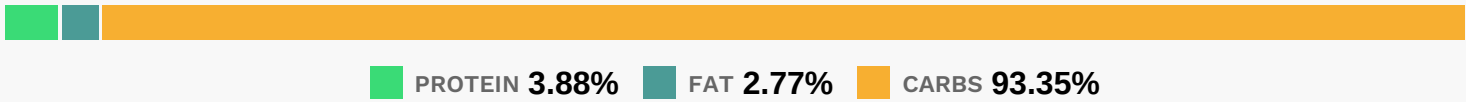
- ☐ 2 tablespoons cranberry juice cocktail
- ☐ 1 teaspoon grenadine syrup
- ☐ 1 teaspoon juice of lime fresh
- ☐ 0.5 cup orange juice fresh
- ☐ 0.3 cup blanco tequila white () (such as Sauza Blanco)

Equipment

Directions

- ☐ Combine orange juice, tequila, cranberry juice cocktail, and lime juice and stir well.
- ☐ Serve over ice.
- ☐ Add grenadine just before serving to create the "sunset" effect.
- ☐ Garnish with a slice of orange or lime, if desired.

Nutrition Facts



Properties

Glycemic Index:113.5, Glycemic Load:6.51, Inflammation Score:-4, Nutrition Score:3.2804348041182%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 7.63mg, Hesperetin: 7.63mg, Hesperetin: 7.63mg, Hesperetin: 7.63mg Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg, Naringenin: 1.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 113.96kcal (5.7%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 10.69g (3.56%), Net Carbohydrates: 10.56g (3.84%), Sugar: 8.43g (9.37%), Cholesterol: 0mg (0%), Sodium: 2.08mg (0.09%), Alcohol: 10.02g (100%), Alcohol %: 11.29% (100%), Protein: 0.44g (0.89%), Vitamin C: 38.1mg (46.18%), Folate: 18.85µg (4.71%), Vitamin B1: 0.06mg (3.88%), Potassium: 130.46mg (3.73%), Vitamin A: 126.45IU (2.53%), Copper: 0.04mg (1.83%), Magnesium: 7.29mg (1.82%), Vitamin B3: 0.26mg (1.31%), Vitamin B6: 0.03mg (1.3%), Vitamin B5: 0.13mg (1.29%), Phosphorus: 12.36mg (1.24%), Vitamin B2: 0.02mg (1.2%), Manganese: 0.02mg (1.09%)