



Time for a Drink: Sangre de Agave



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



153 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 ounce creme de cassis
- ☐ 0.8 ounce juice of lime fresh
- ☐ 0.5 ounce rum dark
- ☐ 0.5 teaspoon simple syrup glaze
- ☐ 1.5 ounces tequila

Equipment

Directions

☐ Combine ingredients in a cocktail shaker and fill with ice. Shake well for 10 seconds and strain into a chilled cocktail glass.

Nutrition Facts



PROTEIN 1.4% **FAT 0.53%** **CARBS 98.07%**

Properties

Glycemic Index:30, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.73739130730214%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 152.93kcal (7.65%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 6.24g (2.08%), Net Carbohydrates: 6.15g (2.24%), Sugar: 4.81g (5.34%), Cholesterol: 0mg (0%), Sodium: 4.72mg (0.21%), Alcohol: 18.94g (100%), Alcohol %: 25.1% (100%), Protein: 0.09g (0.18%), Vitamin C: 6.38mg (7.73%)