



## Tomato Margarita with Fennel Salt



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



1

CALORIES



730 kcal

BEVERAGE

DRINK

### Ingredients

- 2 teaspoons agave nectar
- 16 ounces beefsteak tomatoes cut into large chunks ( one large)
- 2 teaspoons fennel seeds
- 2 tablespoons kosher salt
- 2 teaspoons juice of lime
- 1 serving lime wedges for garnish
- 1 serving salt for rim
- 1 cup tequila

3 ounces tomatoes

## Equipment

frying pan

sieve

blender

cheesecloth

## Directions

Combine the tomato and tequila in a blender. Pulse a few times on medium to break up the tomato then /blend for about 5 more seconds to form a pulpy puree. Strain the puree through a very fine mesh strainer or a less fine one lined with a double layer of cheesecloth. Stir it gently a few times as it strains, but do not press. Strain until it stops dripping on its own, about 15 minutes. Store in the fridge if not using immediately.

For the Fennel Salt: Toast the fennel seeds in a medium skillet over medium heat until fragrant, about 2 minutes.

Place toasted fennel seeds in a spice grinder or a clean coffee grinder and pulse until the seeds are about the same texture as the kosher salt, about 10 pulses.

Combine the ground fennel with the kosher salt. Store in a small jar until ready to use.

For the Tomato Margarita: Moisten the rim of a cocktail glass with lime juice, rim with fennel salt, and set aside.

Add ice to prepared glass.

Pour tomato tequila, agave, and lime juice into a cocktail shaker and fill with ice. Shake until well chilled, about 20 seconds. Strain into prepared glass and serve immediately.

## Nutrition Facts



PROTEIN 11.17%  FAT 8.18%  CARBS 80.65%

## Properties

Glycemic Index:138, Glycemic Load:7.82, Inflammation Score:-10, Nutrition Score:24.368261008159%

## Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg, Naringenin: 3.73mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

## **Nutrients (% of daily need)**

Calories: 729.96kcal (36.5%), Fat: 1.77g (2.72%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 39.27g (13.09%), Net Carbohydrates: 31.11g (11.31%), Sugar: 27.95g (31.06%), Cholesterol: 0mg (0%), Sodium: 14180.54mg (616.55%), Alcohol: 80.16g (100%), Alcohol %: 11.95% (100%), Protein: 5.44g (10.88%), Vitamin C: 81.32mg (98.58%), Vitamin A: 4497.78IU (89.96%), Manganese: 0.96mg (47.9%), Vitamin K: 47.12µg (44.87%), Potassium: 1365.58mg (39.02%), Fiber: 8.16g (32.65%), Vitamin B6: 0.5mg (25.16%), Folate: 87.88µg (21.97%), Copper: 0.43mg (21.35%), Vitamin E: 3.13mg (20.86%), Magnesium: 76.08mg (19.02%), Vitamin B3: 3.63mg (18.13%), Vitamin B1: 0.26mg (17.15%), Phosphorus: 160.13mg (16.01%), Iron: 2.45mg (13.59%), Calcium: 112.39mg (11.24%), Vitamin B2: 0.16mg (9.46%), Zinc: 1.21mg (8.05%), Vitamin B5: 0.49mg (4.94%)