

Tomato-Tequila Fizz



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



223 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup agave nectar light
- ☐ 4 cups seltzer water chilled
- ☐ 0.3 cup grape tomatoes
- ☐ 0.8 cup grape tomatoes
- ☐ 6 servings ice cubes
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 lime cut into wedges
- ☐ 6 servings mint leaves fresh

- ☐ 0.3 cup mint leaves loosely packed
- ☐ 2 cups tequila

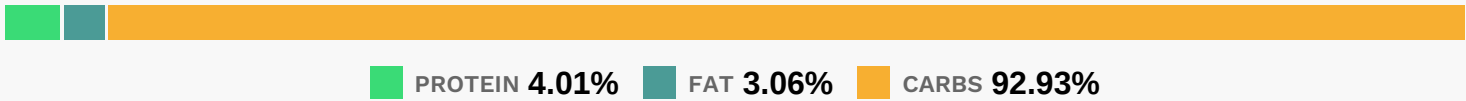
Equipment

- ☐ bowl
- ☐ sieve

Directions

- ☐ Muddle 3/4 cup grape tomato halves, 1/4 cup loosely packed mint leaves, lime wedges, and kosher salt in a medium bowl to release flavors. Stir in tequila and light agave nectar; let stand 15 minutes. Press mixture through a fine wire-mesh strainer into a large container, using back of a spoon. Discard pulp and seeds. Cover and chill 1 to 2 hours. Fill a large pitcher with ice cubes; add 1/4 cup grape tomato halves and fresh mint sprigs.
- ☐ Add chilled tomato mixture and chilled club soda. Stir gently.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:1.58, Inflammation Score:-5, Nutrition Score:2.5039130643658%

Flavonoids

Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 5.09mg, Hesperetin: 5.09mg, Hesperetin: 5.09mg, Hesperetin: 5.09mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg 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: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 223.05kcal (11.15%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 9.57g (3.19%), Net Carbohydrates: 8.71g (3.17%), Sugar: 7.08g (7.86%), Cholesterol: 0mg (0%), Sodium: 136.34mg (5.93%), Alcohol: 26.72g (100%), Alcohol %: 9.9% (100%), Protein: 0.41g (0.83%), Vitamin C: 9.12mg (11.06%), Vitamin A: 334.58IU (6.69%), Manganese: 0.08mg (3.98%), Vitamin K: 4.09µg (3.9%), Fiber: 0.86g (3.44%), Copper: 0.07mg (3.37%), Folate: 10.65µg (2.66%), Potassium: 91.74mg (2.62%), Vitamin B6: 0.05mg (2.53%), Calcium: 22.87mg (2.29%),

Vitamin B1: 0.03mg (2.06%), Magnesium: 7.93mg (1.98%), Vitamin B2: 0.03mg (1.94%), Zinc: 0.28mg (1.89%), Iron: 0.34mg (1.87%), Vitamin E: 0.25mg (1.66%), Vitamin B3: 0.29mg (1.46%), Phosphorus: 13.36mg (1.34%)