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Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

☐ 3 fluid ounces lemon lime splash red juicy hawaiian punch®

☐ 1 fluid ounce irish whiskey

Equipment

Directions

☐ Serve over 1 cup ice.

Nutrition Facts



 **PROTEIN 0.85%**  **FAT 0%**  **CARBS 99.15%**

Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.06086956490965%

Nutrients (% of daily need)

Calories: 110.3kcal (5.51%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 9.27g (3.37%), Sugar: 9.07g (10.08%), Cholesterol: 0mg (0%), Sodium: 8.87mg (0.39%), Alcohol: 10.65g (100%), Alcohol %: 11.41% (100%), Caffeine: 13.31mg (4.44%), Protein: 0.08g (0.16%)