

# Apple "Lemontini"

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 apples i use 2 granny smith apples cored quartered
- 0.1 oz pkt. crystal on the go lemonade flavor drink mix light
- 0.3 cup vodka
- 2 cups water cold

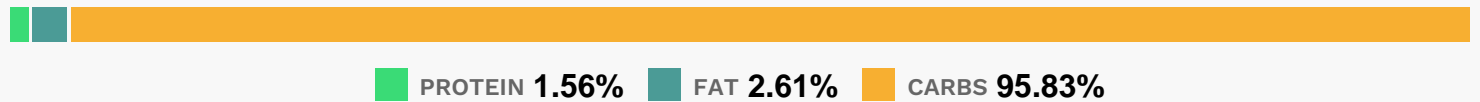
## Equipment

- blender

## Directions

- Blend all ingredients except vodka in blender until smooth.
- Strain into plastic or glass pitcher; discard pulp. Stir vodka into lemonade mixture.
- Serve over ice.

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:3.32, Inflammation Score:-2, Nutrition Score:1.7113043635112%

## Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

## Nutrients (% of daily need)

Calories: 124.12kcal (6.21%), Fat: 0.18g (0.27%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 14.49g (4.83%), Net Carbohydrates: 12.3g (4.47%), Sugar: 11.34g (12.6%), Cholesterol: 0mg (0%), Sodium: 14.05mg (0.61%), Alcohol: 10.02g (100%), Alcohol %: 3.53% (100%), Protein: 0.24g (0.47%), Fiber: 2.19g (8.77%), Vitamin C: 4.98mg (6.03%), Copper: 0.07mg (3.32%), Magnesium: 11.82mg (2.95%), Potassium: 100.59mg (2.87%), Vitamin K: 2µg (1.91%), Vitamin B6: 0.04mg (1.89%), Manganese: 0.03mg (1.61%), Vitamin B2: 0.03mg (1.52%), Calcium: 12.95mg (1.3%), Phosphorus: 11.59mg (1.16%), Vitamin B1: 0.02mg (1.15%), Vitamin E: 0.17mg (1.11%)