



Big Kev's Texas Style Long Island Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



375 kcal

BEVERAGE

DRINK

Ingredients

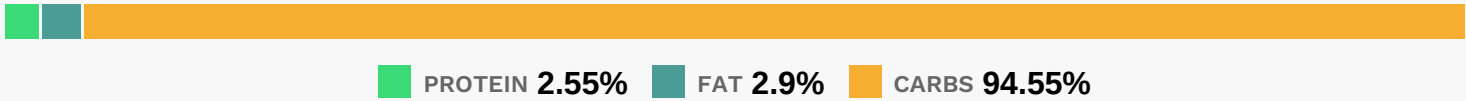
- ☐ 1 fluid ounce hendrick's gin dry
- ☐ 1 wedge lemon
- ☐ 1 wedge lime
- ☐ 1 fluid ounce rum
- ☐ 1 fluid ounce tequila
- ☐ 1 fluid ounce triple sec orange-flavored (liqueur)
- ☐ 1 fluid ounce vodka

Equipment

Directions

- ☐ Pour vodka, gin, triple sec, rum, and tequila into a tall glass with ice. Top off with cola. Stir gently.
- ☐ Garnish with lemon and lime wedges.

Nutrition Facts



Properties

Glycemic Index:117.5, Glycemic Load:0.74, Inflammation Score:-5, Nutrition Score:1.7152173885185%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 12.76mg, Hesperetin: 12.76mg, Hesperetin: 12.76mg, Hesperetin: 12.76mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 374.92kcal (18.75%), Fat: 0.18g (0.27%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 13.09g (4.36%), Net Carbohydrates: 12.08g (4.39%), Sugar: 10.28g (11.42%), Cholesterol: 0mg (0%), Sodium: 4.27mg (0.19%), Alcohol: 47.19g (100%), Alcohol %: 32.53% (100%), Caffeine: 7.69mg (2.56%), Protein: 0.35g (0.71%), Vitamin C: 14.78mg (17.91%), Fiber: 1.01g (4.03%), Copper: 0.05mg (2.59%), Potassium: 54.14mg (1.55%), Iron: 0.27mg (1.51%), Manganese: 0.03mg (1.39%), Vitamin B1: 0.02mg (1.37%), Phosphorus: 12.92mg (1.29%), Vitamin B6: 0.02mg (1.15%), Calcium: 10.92mg (1.09%)