



Blackberry-Vanilla Vodka Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



166 kcal

BEVERAGE

DRINK

Ingredients

- 3 cups blackberries fresh
- 8 servings ice cubes
- 0.5 cup juice of lemon fresh
- 6 tablespoons sugar
- 0.5 vanilla pod halved lengthwise
- 1.5 cups vodka

Equipment

- food processor

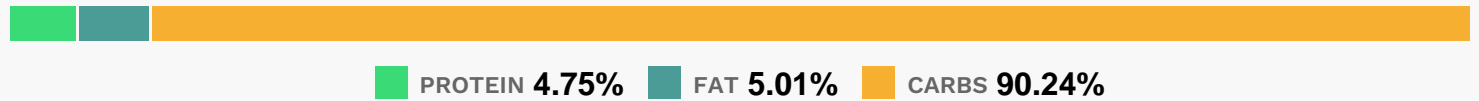
sieve

Directions

Start with fresh lemon juice in a pitcher.

Place blackberries and sugar in a food processor; process until blended. Press mixture through a fine sieve into pitcher with lemon juice, and discard solids. Scrape seeds from vanilla bean into pitcher. Stir in vodka, and serve over ice.

Nutrition Facts



Properties

Glycemic Index:13.76, Glycemic Load:6.86, Inflammation Score:-5, Nutrition Score:4.2252173644045%

Flavonoids

Cyanidin: 53.97mg, Cyanidin: 53.97mg, Cyanidin: 53.97mg, Cyanidin: 53.97mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 20.01mg, Catechin: 20.01mg, Catechin: 20.01mg, Catechin: 20.01mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 165.91kcal (8.3%), Fat: 0.38g (0.58%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 12.38g (4.5%), Sugar: 12g (13.34%), Cholesterol: 0mg (0%), Sodium: 4.03mg (0.18%), Alcohol: 15.03g (100%), Alcohol %: 10.61% (100%), Protein: 0.8g (1.61%), Vitamin C: 17.24mg (20.9%), Manganese: 0.35mg (17.55%), Fiber: 2.91g (11.63%), Vitamin K: 10.69µg (10.18%), Copper: 0.11mg (5.28%), Vitamin E: 0.65mg (4.36%), Folate: 16.55µg (4.14%), Magnesium: 12.27mg (3.07%), Potassium: 103.82mg (2.97%), Vitamin A: 116.47IU (2.33%), Zinc: 0.3mg (2%), Iron: 0.36mg (1.98%), Calcium: 18.34mg (1.83%), Vitamin B3: 0.36mg (1.81%), Vitamin B5: 0.17mg (1.69%), Phosphorus: 15.35mg (1.53%), Vitamin B2: 0.02mg (1.25%), Vitamin B6: 0.02mg (1.16%), Vitamin B1: 0.02mg (1.11%)