



Cajun Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



178 kcal

BEVERAGE

DRINK

Ingredients

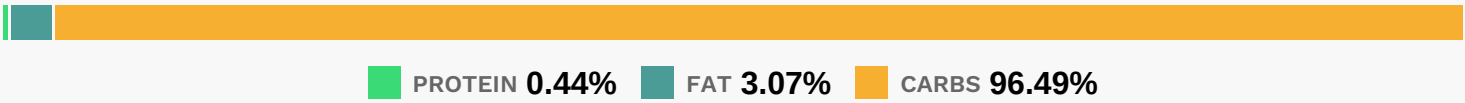
- ☐ 1 sticks garnishes: sugarcane lemon
- ☐ 1 liter club soda chilled
- ☐ 1 teaspoon hot sauce
- ☐ 10 servings ice cubes crushed
- ☐ 12 oz lemonade concentrate frozen thawed canned
- ☐ 2 cups rum light

Equipment

Directions

- ☐ Stir together first 3 ingredients.
- ☐ Add club soda just before serving.
- ☐ Serve over crushed ice.
- ☐ Garnish, if desired.
- ☐ Note: We tested with Tabasco hot sauce.

Nutrition Facts



Properties

Glycemic Index:4.05, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.65086956135929%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg

Nutrients (% of daily need)

Calories: 177.63kcal (8.88%), Fat: 0.24g (0.37%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 16.99g (5.66%), Net Carbohydrates: 16.89g (6.14%), Sugar: 15.15g (16.83%), Cholesterol: 0mg (0%), Sodium: 34.49mg (1.5%), Alcohol: 16.03g (100%), Alcohol %: 11.07% (100%), Protein: 0.08g (0.16%), Vitamin C: 4.81mg (5.83%), Copper: 0.02mg (1.04%)