



Coney Island Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



6

CALORIES



179 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 servings coca-cola
- ☐ 6 small sprigs mint leaves fresh
- ☐ 3 ounces hendrick's gin
- ☐ 6 servings ice cubes
- ☐ 3 ounces juice of lemon freshly squeezed
- ☐ 3 ounces rum light
- ☐ 3 ounces orange liqueur
- ☐ 3 ounces tequila

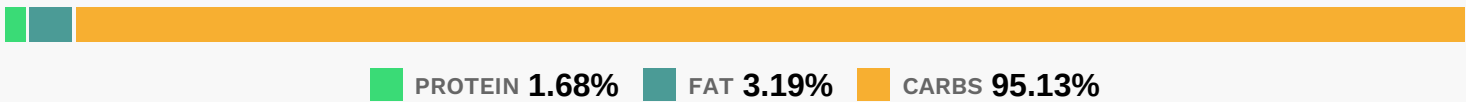
☐ 3 ounces vodka

Equipment

Directions

- ☐ In a pitcher, blend the liquors and the lemon juice. Fill 6 highball glasses with ice.
- ☐ Pour the mixture into each glass about 2/3's of the way and top with a splash of cola to fill the glass.
- ☐ Garnish with a sprig of mint.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:0.76173913997153%

Flavonoids

Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 178.82kcal (8.94%), Fat: 0.09g (0.13%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 5.79g (1.93%), Net Carbohydrates: 5.66g (2.06%), Sugar: 5.01g (5.57%), Cholesterol: 0mg (0%), Sodium: 4.99mg (0.22%), Alcohol: 22.62g (100%), Alcohol %: 20.04% (100%), Caffeine: 3.77mg (1.26%), Protein: 0.1g (0.2%), Vitamin C: 5.8mg (7.03%), Copper: 0.03mg (1.53%), Manganese: 0.02mg (1.18%)