



Cotton Candy Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



238 kcal

BEVERAGE

DRINK

Ingredients



1 ounce amaretto



1 Dash grenadine syrup



1 serving ice cubes crushed for serving



1 serving lemon twist for garnish



3 ounces pink lemonade



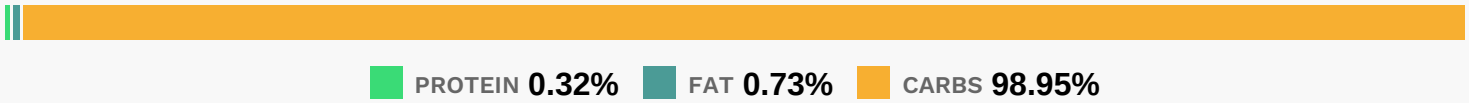
1 ounce limoncello

Equipment

Directions

- ☐ Watch how to make this recipe.
- ☐ In a cocktail shaker, add the amaretto, limoncello, lemonade, and grenadine. Shake, and then pour into a rocks glass filled with crushed ice.
- ☐ Cooks Note: The idea is to have it look like a snow cone, with lots of ice sticking out of the glass (just put some pressure on the ice) and pour the drink on top of the ice.
- ☐ Garnish with a lemon twist.

Nutrition Facts



Properties

Glycemic Index:190, Glycemic Load:7.74, Inflammation Score:-2, Nutrition Score:0.42782608476346%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 238.16kcal (11.91%), Fat: 0.11g (0.16%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 32.23g (10.74%), Net Carbohydrates: 32.04g (11.65%), Sugar: 30.73g (34.14%), Cholesterol: 0mg (0%), Sodium: 8.12mg (0.35%), Alcohol: 16.47g (100%), Alcohol %: 13.85% (100%), Caffeine: 7.37mg (2.46%), Protein: 0.11g (0.21%), Vitamin C: 3.71mg (4.5%)