



Frozen Strawberry Kiwi-Tini



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups ginger ale
- 2.5 cups ice cubes crushed
- 1 kiwi fruit cut into 6 slices
- 2 strawberries cut into 3 slices
- 0.5 cup vodka
- 1 pkt. light (2-qt. size)

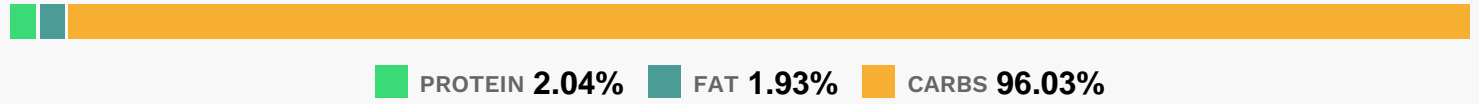
Equipment

- blender

Directions

- Blend ginger ale, vodka and drink mix in blender until mix is dissolved.
- Add ice; blend on high speed until smooth.
- Serve garnished with fruit.

Nutrition Facts



Properties

Glycemic Index:21.07, Glycemic Load:3.21, Inflammation Score:-1, Nutrition Score:1.1178261035162%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.89mg, Pelargonidin: 0.89mg, Pelargonidin: 0.89mg, Pelargonidin: 0.89mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 50.2kcal (2.51%), Fat: 0.05g (0.08%), Saturated Fat: 0g (0.02%), Carbohydrates: 5.69g (1.9%), Net Carbohydrates: 5.34g (1.94%), Sugar: 5.19g (5.77%), Cholesterol: 0mg (0%), Sodium: 6.87mg (0.3%), Alcohol: 4.01g (100%), Alcohol %: 3.88% (100%), Protein: 0.12g (0.24%), Vitamin C: 8.91mg (10.81%), Vitamin K: 3.75µg (3.57%), Copper: 0.03mg (1.65%), Manganese: 0.03mg (1.45%), Fiber: 0.34g (1.38%)