



G-Street Surprise

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



256 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup pink lemonade kool-aid
- 1 cup raspberries frozen
- 0.5 cup strawberries frozen
- 4.5 fluid ounce vodka

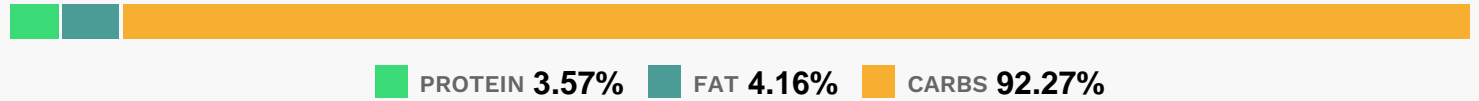
Equipment

- blender

Directions

- Place raspberries, strawberries, vodka, and lemonade into a blender. Cover, and puree until smooth.
- Pour into chilled glasses to serve.

Nutrition Facts



Properties

Glycemic Index:72.75, Glycemic Load:11.31, Inflammation Score:-5, Nutrition Score:6.0921737979288%

Flavonoids

Cyanidin: 28.07mg, Cyanidin: 28.07mg, Cyanidin: 28.07mg, Cyanidin: 28.07mg Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 9.53mg, Pelargonidin: 9.53mg, Pelargonidin: 9.53mg, Pelargonidin: 9.53mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 2.26mg, Epicatechin: 2.26mg, Epicatechin: 2.26mg, Epicatechin: 2.26mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 256.26kcal (12.81%), Fat: 0.5g (0.77%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 24.87g (8.29%), Net Carbohydrates: 20.25g (7.36%), Sugar: 18.37g (20.41%), Cholesterol: 0mg (0%), Sodium: 9.11mg (0.4%), Alcohol: 22.22g (100%), Alcohol %: 10.04% (100%), Protein: 0.96g (1.92%), Vitamin C: 36.89mg (44.71%), Manganese: 0.54mg (27.05%), Fiber: 4.62g (18.48%), Folate: 21.24µg (5.31%), Vitamin K: 5.47µg (5.21%), Magnesium: 17.88mg (4.47%), Potassium: 146.35mg (4.18%), Vitamin E: 0.63mg (4.18%), Copper: 0.08mg (3.9%), Iron: 0.57mg (3.16%), Phosphorus: 29.37mg (2.94%), Vitamin B6: 0.05mg (2.5%), Vitamin B3: 0.5mg (2.49%), Vitamin B5: 0.24mg (2.42%), Vitamin B2: 0.04mg (2.08%), Calcium: 20.76mg (2.08%), Vitamin B1: 0.03mg (2.08%), Zinc: 0.3mg (2.02%)