

Hard Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



279 kcal

BEVERAGE

DRINK

Ingredients

- 6 juice of lemon juiced
- 1 large optional: lemon sliced
- 1.5 cups vodka
- 1 cup sugar white

Equipment

- sauce pan
- knife

Directions

- Zest 1 lemon into large pieces using a knife.
- Place lemon zest in a saucepan; top with 1 cup water and sugar. Bring lemon zest mixture to a boil, stirring occasionally, until sugar dissolves and liquid is syrupy, 5 to 10 minutes.
- Remove saucepan from heat and cool; remove and discard lemon zest.
- Stir lemon juice and vodka together in a pitcher; pour in lemon syrup. Stir in enough water to fill the pitcher.
- Fill glasses with ice; pour hard lemonade into each glass.
- Garnish each glass with a lemon slice.

Nutrition Facts

 PROTEIN **0.8%**  FAT **1.39%**  CARBS **97.81%**

Properties

Glycemic Index:18.43, Glycemic Load:23.57, Inflammation Score:-3, Nutrition Score:1.8347825851777%

Flavonoids

Eriodictyol: 5.31mg, Eriodictyol: 5.31mg, Eriodictyol: 5.31mg, Eriodictyol: 5.31mg Hesperetin: 9.36mg, Hesperetin: 9.36mg, Hesperetin: 9.36mg, Hesperetin: 9.36mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 278.75kcal (13.94%), Fat: 0.23g (0.36%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 36.95g (12.32%), Net Carbohydrates: 36.35g (13.22%), Sugar: 34.47g (38.3%), Cholesterol: 0mg (0%), Sodium: 1.59mg (0.07%), Alcohol: 20.04g (100%), Alcohol %: 17.97% (100%), Protein: 0.3g (0.61%), Vitamin C: 21.15mg (25.64%), Fiber: 0.59g (2.38%), Folate: 7.98µg (2%), Potassium: 57.01mg (1.63%), Vitamin B6: 0.03mg (1.41%), Vitamin B1: 0.02mg (1.16%), Vitamin B2: 0.02mg (1.1%)