



## Icy Strawberry Kiwi-tini

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



4

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup diet ginger ale cold
- 16 oz crystal ready-to-drink strawberry kiwi light chilled
- 1.5 cups strawberries frozen
- 0.3 cup vodka

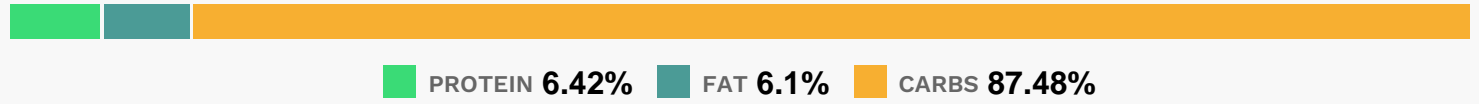
### Equipment

- blender

# Directions

- Place all ingredients in blender container; cover. Blend on high speed until smooth.
- Pour evenly into 4 glasses.
- Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:42.67, Glycemic Load:8.61, Inflammation Score:-6, Nutrition Score:11.205217454744%

# Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg, Catechin: 1.68mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

# Nutrients (% of daily need)

Calories: 122.72kcal (6.14%), Fat: 0.66g (1.02%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 21.32g (7.11%), Net Carbohydrates: 16.83g (6.12%), Sugar: 14.15g (15.72%), Cholesterol: 0mg (0%), Sodium: 7.39mg (0.32%), Alcohol: 5.01g (100%), Alcohol %: 3.22% (100%), Protein: 1.56g (3.13%), Vitamin C: 116.46mg (141.16%), Vitamin K: 46.89µg (44.65%), Fiber: 4.48g (17.93%), Manganese: 0.32mg (16.07%), Vitamin E: 1.63mg (10.87%), Folate: 42.44µg (10.61%), Copper: 0.18mg (9.1%), Potassium: 307.45mg (8.78%), Magnesium: 25.31mg (6.33%), Phosphorus: 52.27mg (5.23%), Calcium: 48.77mg (4.88%), Vitamin B6: 0.09mg (4.73%), Vitamin B3: 0.63mg (3.14%), Vitamin B1: 0.04mg (2.96%), Iron: 0.52mg (2.9%), Vitamin B5: 0.28mg (2.75%), Vitamin B2: 0.04mg (2.43%), Vitamin A: 105.14IU (2.1%), Zinc: 0.24mg (1.61%)