



## Kansas City Ice Water

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



2 min.

SERVINGS



1

CALORIES



222 kcal

BEVERAGE

DRINK

### Ingredients

- 1 fluid ounce hendrick's gin
- 3 fluid ounces lemon-lime carbonated beverage flavored
- 0.5 fluid ounce juice of lime
- 0.5 fluid ounce triple sec
- 1 fluid ounce vodka

### Equipment

## Directions

- Combine the gin, vodka, lime juice, and triple sec in a shaker with ice. Shake, and strain into a chilled pint glass with ice.
- Pour in lemon-lime soda, and serve.

## Nutrition Facts

**PROTEIN 1.01%** **FAT 0.79%** **CARBS 98.2%**

## Properties

Glycemic Index:30, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:0.54391305019026%

## Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 222.22kcal (11.11%), Fat: 0.05g (0.08%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 15.25g (5.08%), Net Carbohydrates: 15.19g (5.52%), Sugar: 14.05g (15.61%), Cholesterol: 0mg (0%), Sodium: 10.94mg (0.48%), Alcohol: 23.6g (100%), Alcohol %: 16.86% (100%), Caffeine: 17.15mg (5.72%), Protein: 0.16g (0.31%), Vitamin C: 4.44mg (5.38%)