



Kentucky Lemonade

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



285 kcal

BEVERAGE

DRINK

Ingredients

- 1 pt bourbon chilled
- 1 liter club soda chilled
- 1 slices garnish: lemon
- 7.5 oz lemon juice from concentrate frozen thawed
- 2 liter lemon-lime drink chilled soft
- 12 oz lemonade concentrate frozen thawed canned
- 2 cups orange juice

Equipment

Directions

- Stir together first 4 ingredients in a large pitcher. Slowly add soft drink and club soda.
- Serve immediately over ice.
- Garnish, if desired.
- Screwdriver Punch: Substitute 2 (12-oz.) cans frozen orange juice concentrate, thawed, for first 3 ingredients, and 1 pt. vodka for bourbon.

Nutrition Facts

PROTEIN 1.49% **FAT 1.91%** **CARBS 96.6%**

Properties

Glycemic Index:9.25, Glycemic Load:2.64, Inflammation Score:-4, Nutrition Score:3.5708695384471%

Flavonoids

Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg Hesperetin: 9.2mg, Hesperetin: 9.2mg, Hesperetin: 9.2mg, Hesperetin: 9.2mg Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg, Naringenin: 1.36mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 284.98kcal (14.25%), Fat: 0.39g (0.6%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 44.45g (14.82%), Net Carbohydrates: 44.17g (16.06%), Sugar: 40.19g (44.65%), Cholesterol: 0mg (0%), Sodium: 44.53mg (1.94%), Alcohol: 15.8g (100%), Alcohol %: 4.43% (100%), Caffeine: 29.93mg (9.98%), Protein: 0.68g (1.37%), Vitamin C: 37.86mg (45.89%), Folate: 21.59µg (5.4%), Potassium: 151.5mg (4.33%), Vitamin B1: 0.06mg (3.98%), Magnesium: 12.16mg (3.04%), Copper: 0.05mg (2.29%), Vitamin A: 100.63IU (2.01%), Vitamin B6: 0.04mg (1.87%), Calcium: 18.29mg (1.83%), Vitamin B5: 0.16mg (1.63%), Vitamin B3: 0.29mg (1.46%), Phosphorus: 14.52mg (1.45%), Zinc: 0.19mg (1.26%), Iron: 0.22mg (1.22%), Manganese: 0.02mg (1.18%), Vitamin B2: 0.02mg (1.18%), Fiber: 0.28g (1.14%)