



Lemon Balm Honeyssuckle



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



74 kcal

SIDE DISH

Ingredients

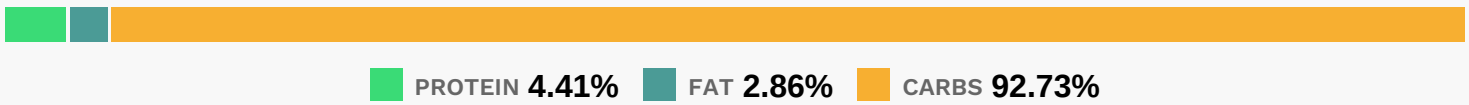
- ☐ 1 cup mint leaves fresh loosely packed ()
- ☐ 6 tablespoons honey
- ☐ 8 slices optional: lemon
- ☐ 0.8 cup juice of lemon fresh
- ☐ 2 cups optional: lemon white

Equipment

Directions

- ☐ Stir honey and 6 tablespoons hot water in a large pitcher until honey is dissolved. Stir in vodka and lemon juice.
- ☐ Add 2 cups ice cubes. Cover and refrigerate until chilled, about 2 hours.
- ☐ Squeeze lemon balm several times to lightly bruise leaves; add to pitcher. Fill Old Fashioned glasses with ice cubes. Divide cocktail among glasses.
- ☐ Garnish with lemon slices and serve.

Nutrition Facts



Properties

Glycemic Index:12.91, Glycemic Load:7.76, Inflammation Score:-4, Nutrition Score:4.6182609200478%

Flavonoids

Eriodictyol: 15.67mg, Eriodictyol: 15.67mg, Eriodictyol: 15.67mg, Eriodictyol: 15.67mg Hesperetin: 20.62mg, Hesperetin: 20.62mg, Hesperetin: 20.62mg, Hesperetin: 20.62mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg, Luteolin: 1.85mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 74.25kcal (3.71%), Fat: 0.29g (0.44%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 20.99g (7%), Net Carbohydrates: 18.76g (6.82%), Sugar: 15.01g (16.67%), Cholesterol: 0mg (0%), Sodium: 3.8mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2%), Vitamin C: 42.52mg (51.54%), Fiber: 2.23g (8.92%), Vitamin A: 253.52IU (5.07%), Manganese: 0.1mg (4.97%), Folate: 17.9µg (4.48%), Potassium: 146.56mg (4.19%), Iron: 0.73mg (4.06%), Vitamin B6: 0.07mg (3.48%), Calcium: 31.59mg (3.16%), Magnesium: 10.99mg (2.75%), Copper: 0.05mg (2.5%), Vitamin B1: 0.03mg (2.27%), Vitamin B2: 0.04mg (2.14%), Vitamin B5: 0.17mg (1.74%), Phosphorus: 16.17mg (1.62%)