

Lemon Drop Liqueur



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



211 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 5 lemon rinds cut into strips
- ☐ 0.3 cup juice of lemon
- ☐ 2 cups sugar
- ☐ 3 cups vodka
- ☐ 1 cup water

Equipment

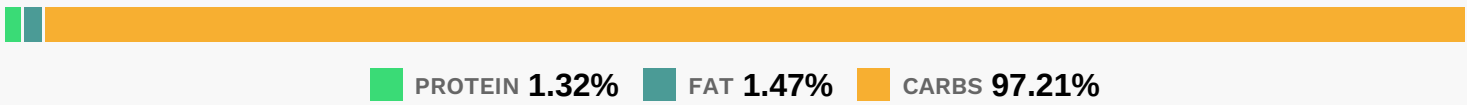
- ☐ bowl
- ☐ sauce pan

- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Combine sugar and water in a medium saucepan; cook over medium heat 5 minutes or until sugar dissolves, stirring constantly.
- ☐ Remove from heat; stir in rind. Cool completely. Stir in vodka and lemon juice.
- ☐ Sterilize 2 wide-mouthed, 1-quart jars according to manufacturer's directions. Divide vodka mixture between jars. Cover each jar with metal lid; screw on band. Store in a cool, dark place for 3 weeks, shaking jar every other day.
- ☐ Line a fine-mesh sieve with a double layer of cheesecloth; strain mixture through cheesecloth into a bowl. Discard solids. Return liqueur to jars or clean decanter; store chilled in refrigerator or freezer.
- ☐ Mixture will keep in the freezer for up to a year.

Nutrition Facts



Properties

Glycemic Index:6.91, Glycemic Load:18.01, Inflammation Score:-3, Nutrition Score:1.773043450454%

Flavonoids

Eriodictyol: 7.4mg, Eriodictyol: 7.4mg, Eriodictyol: 7.4mg, Eriodictyol: 7.4mg Hesperetin: 9.97mg, Hesperetin: 9.97mg, Hesperetin: 9.97mg, Hesperetin: 9.97mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 210.83kcal (10.54%), Fat: 0.19g (0.29%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 28.31g (9.44%), Net Carbohydrates: 27.35g (9.95%), Sugar: 25.89g (28.77%), Cholesterol: 0mg (0%), Sodium: 2.15mg (0.09%), Alcohol: 15.03g (100%), Alcohol %: 15.57% (100%), Protein: 0.38g (0.77%), Vitamin C: 19.36mg (23.47%), Fiber: 0.96g (3.83%), Potassium: 51.45mg (1.47%), Vitamin B6: 0.03mg (1.44%), Iron: 0.22mg (1.24%), Folate: 4.47µg (1.12%), Vitamin B1: 0.02mg (1.11%), Copper: 0.02mg (1.09%)