



Lemon Mint Cooler

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



409 kcal

BEVERAGE

DRINK

Ingredients

- 8 sprigs mint leaves fresh
- 4 cups ice cubes
- 32 ounce squeezed lemonade fresh
- 2 lemons halved
- 2 cups vodka

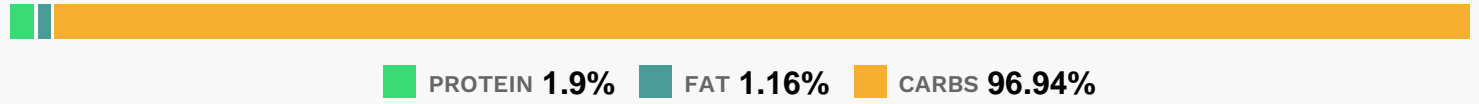
Equipment

- blender

Directions

- In a blender combine lemonade and vodka. Fill blender with ice. Blend until ice is crushed.
- Pour into 4 glasses. Dip each lemon half in sugar, then attach to the rim of each glass.
- Garnish with 2 mint sprigs.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:19.45, Inflammation Score:-5, Nutrition Score:3.1191303963247%

Flavonoids

Eriodictyol: 12.15mg, Eriodictyol: 12.15mg, Eriodictyol: 12.15mg, Eriodictyol: 12.15mg Hesperetin: 15.27mg, Hesperetin: 15.27mg, Hesperetin: 15.27mg, Hesperetin: 15.27mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 409.29kcal (20.46%), Fat: 0.18g (0.28%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 34.09g (11.36%), Net Carbohydrates: 32.42g (11.79%), Sugar: 28.18g (31.31%), Cholesterol: 0mg (0%), Sodium: 29.11mg (1.27%), Alcohol: 40.08g (100%), Alcohol %: 7.94% (100%), Protein: 0.67g (1.34%), Vitamin C: 29.26mg (35.46%), Fiber: 1.67g (6.69%), Copper: 0.08mg (3.82%), Calcium: 26mg (2.6%), Potassium: 87.1mg (2.49%), Iron: 0.44mg (2.43%), Vitamin B6: 0.05mg (2.29%), Magnesium: 8.29mg (2.07%), Folate: 8.22µg (2.06%), Manganese: 0.04mg (1.99%), Vitamin B1: 0.03mg (1.95%), Vitamin A: 96.84IU (1.94%), Phosphorus: 16.1mg (1.61%), Vitamin B2: 0.02mg (1.44%), Vitamin B5: 0.11mg (1.09%)