



Lime-Aid

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



6 min.

SERVINGS



4

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 ice cubes
- 1 lime sliced
- 6 ounce limeade concentrate frozen canned
- 3 fluid ounces vodka
- 3 fluid ounces water

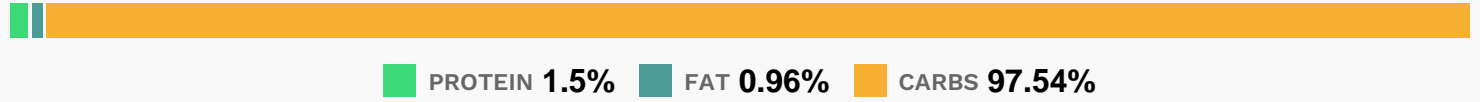
Equipment

- blender

Directions

- In a blender, combine limeade concentrate, ice cubes, water and vodka. Blend until smooth.
- Pour into 6 ounce stem glasses, and garnish with lime slices.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.41, Inflammation Score:-1, Nutrition Score:0.72739131327557%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 78.37kcal (3.92%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.02%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 7.15g (2.6%), Sugar: 5.93g (6.58%), Cholesterol: 0mg (0%), Sodium: 3.12mg (0.14%), Alcohol: 7.41g (100%), Alcohol %: 8.76% (100%), Protein: 0.12g (0.23%), Vitamin C: 6.19mg (7.51%), Fiber: 0.47g (1.88%), Copper: 0.02mg (1.2%)