



Lime-oncello Spritzers with Mint



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10115 min.

SERVINGS



5

CALORIES



797 kcal

BEVERAGE

DRINK

Ingredients



1 cup club soda



1 cup mint leaves fresh



5 servings ice cubes



2 pounds limes (10 large)



2.5 cups sugar



750 ml proof vodka



2.5 cups water

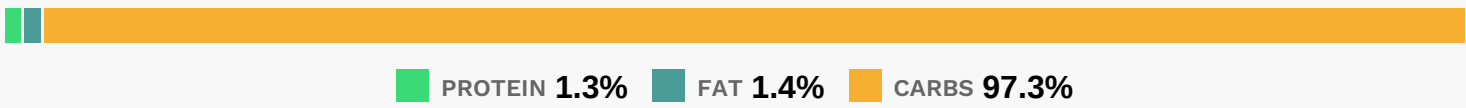
Equipment

- ☐ sauce pan
- ☐ wooden spoon
- ☐ peeler

Directions

- ☐ Watch how to make this recipe.
- ☐ To make limoncello: Using a vegetable peeler, remove the peel from the limes in long strips (reserve the limes for another use).
- ☐ Place the lime peels in a 1-quart jar.
- ☐ Pour the vodka over the peels and screw on the lid. Steep the lime peels in the vodka for 1 week at room temperature.
- ☐ Stir the sugar and water in a large saucepan over medium heat until the sugar dissolves, about 5 minutes. Cool completely, then stir in the vodka mixture. Strain the liquids into bottles, pressing on the peels to extract as much liquid as possible. Seal the bottles and refrigerate until cold, at least 4 hours and up to 1 month.
- ☐ To make spritzers: Fill 4 tall glasses halfway with ice.
- ☐ Add the mint leaves. Using the handle of a wooden spoon, coarsely crush the mint leaves into the ice.
- ☐ Pour some limoncello over, and stir to blend.
- ☐ Add a splash of club soda and serve.

Nutrition Facts



Properties

Glycemic Index:23.42, Glycemic Load:74.28, Inflammation Score:-8, Nutrition Score:8.1100000557692%

Flavonoids

Eriodictyol: 2.78mg, Eriodictyol: 2.78mg, Eriodictyol: 2.78mg, Eriodictyol: 2.78mg Hesperetin: 78.93mg, Hesperetin: 78.93mg, Hesperetin: 78.93mg, Hesperetin: 78.93mg Naringenin: 6.17mg, Naringenin: 6.17mg, Naringenin: 6.17mg, Naringenin: 6.17mg Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg, Apigenin: 0.49mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 797.23kcal (39.86%), Fat: 0.77g (1.18%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 119.99g (40%), Net Carbohydrates: 114.19g (41.52%), Sugar: 102.87g (114.3%), Cholesterol: 0mg (0%), Sodium: 27.59mg (1.2%), Alcohol: 50.82g (100%), Alcohol %: 9.7% (100%), Protein: 1.61g (3.22%), Vitamin C: 55.66mg (67.47%), Fiber: 5.8g (23.2%), Copper: 0.2mg (10.02%), Vitamin A: 473.04IU (9.46%), Calcium: 90.34mg (9.03%), Iron: 1.62mg (8.98%), Potassium: 240.74mg (6.88%), Manganese: 0.12mg (6.24%), Folate: 24.77µg (6.19%), Vitamin B2: 0.09mg (5.29%), Magnesium: 20.3mg (5.08%), Phosphorus: 46.84mg (4.68%), Vitamin B1: 0.07mg (4.63%), Vitamin B6: 0.09mg (4.48%), Vitamin B5: 0.42mg (4.24%), Vitamin E: 0.4mg (2.66%), Vitamin B3: 0.52mg (2.58%), Zinc: 0.37mg (2.49%), Selenium: 1.33µg (1.89%), Vitamin K: 1.09µg (1.04%)