



Limoncello

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



40 min.

SERVINGS



34

CALORIES



146 kcal

BEVERAGE

DRINK

Ingredients

- 10 optional: lemon
- 1 liter vodka
- 4 cups water
- 3 cups sugar white

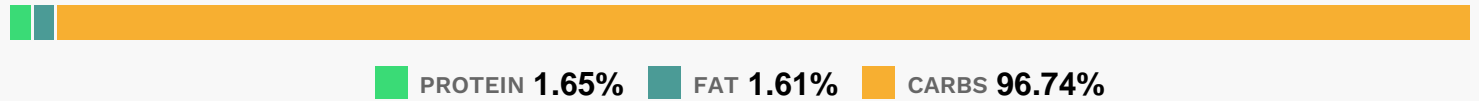
Equipment

- sauce pan

Directions

- Zest the lemons, and place zest into a large glass bottle or jar.
- Pour in vodka. Cover loosely and let infuse for one week at room temperature.
- After one week, combine sugar and water in a medium saucepan. Bring to a boil. DO NOT STIR. Boil for 15 minutes. Allow syrup to cool to room temperature.
- Stir vodka mixture into syrup. Strain into glass bottles, and seal each bottle with a cork.
- Let mixture age for 2 weeks at room temperature.
- Place bottled liqueur into the freezer. When icy cold, serve in chilled vodka glasses or shot glasses.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:12.85, Inflammation Score:-2, Nutrition Score:1.5508695549291%

Flavonoids

Eriodictyol: 6.78mg, Eriodictyol: 6.78mg, Eriodictyol: 6.78mg, Eriodictyol: 6.78mg Hesperetin: 8.86mg, Hesperetin: 8.86mg, Hesperetin: 8.86mg, Hesperetin: 8.86mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 146.07kcal (7.3%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 20.54g (6.85%), Net Carbohydrates: 19.65g (7.14%), Sugar: 18.41g (20.45%), Cholesterol: 0mg (0%), Sodium: 2.5mg (0.11%), Alcohol: 9.97g (100%), Alcohol %: 11.79% (100%), Protein: 0.35g (0.7%), Vitamin C: 16.84mg (20.41%), Fiber: 0.89g (3.56%), Potassium: 44.49mg (1.27%), Vitamin B6: 0.03mg (1.27%), Iron: 0.2mg (1.12%), Copper: 0.02mg (1.02%)