



Loaded Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



222 kcal

BEVERAGE

DRINK

Ingredients

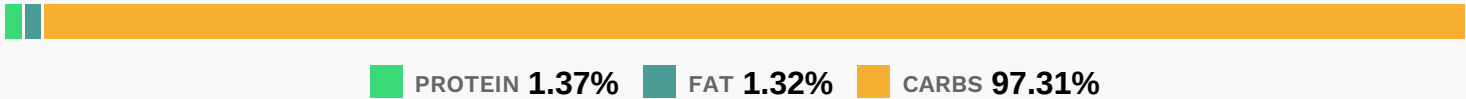
- ☐ 2 cups lemon lime soda soft
- ☐ 0.5 cup orange juice fresh
- ☐ 0.5 cup orange liqueur
- ☐ 0.5 cup tequila
- ☐ 0.5 cup frangelico sweet sour
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Equipment

Directions

- ☐ Stir together first 4 ingredients; chill 2 hours. Stir in soft drink, and serve over ice.
- ☐ Note: For testing purposes only, we used the Finest Call Sweet & Sour
- ☐ Mix found in the beverage section of most supermarkets.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:1.64, Inflammation Score:-3, Nutrition Score:1.5704348125374%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 222.49kcal (11.12%), Fat: 0.15g (0.23%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 25.02g (8.34%), Net Carbohydrates: 24.96g (9.08%), Sugar: 24.13g (26.81%), Cholesterol: 0mg (0%), Sodium: 14.77mg (0.64%), Alcohol: 17.69g (100%), Alcohol %: 10.75% (100%), Caffeine: 25.37mg (8.46%), Protein: 0.35g (0.71%), Vitamin C: 15.5mg (18.79%), Folate: 9.3µg (2.33%), Potassium: 72.63mg (2.08%), Vitamin B1: 0.03mg (2.06%), Copper: 0.03mg (1.59%), Magnesium: 5.47mg (1.37%), Vitamin A: 62IU (1.24%)