



Long Island Iced Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



489 kcal

BEVERAGE

DRINK

Ingredients

- 2 fluid ounces coca-cola
- 1.5 fluid ounce hendrick's gin
- 1 lemon wedges
- 2 teaspoons orange juice
- 1.5 fluid ounce rum
- 1 teaspoon tequila
- 1.5 fluid ounce triple sec
- 1.5 fluid ounce vodka

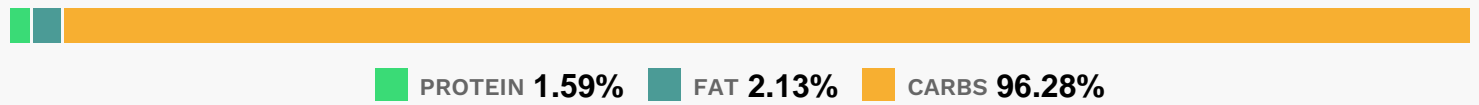
Equipment

blender

Directions

- In a cocktail mixer full of ice, combine vodka, gin, rum, triple sec and tequila.
- Add orange juice and cola. Shake vigorously until frothy. Strain into a Collins glass filled with ice, and garnish with wedge of lemon.

Nutrition Facts



Properties

Glycemic Index:200.5, Glycemic Load:4.6, Inflammation Score:-6, Nutrition Score:1.8617390994306%

Flavonoids

Eriodictyol: 3.87mg, Eriodictyol: 3.87mg, Eriodictyol: 3.87mg, Eriodictyol: 3.87mg Hesperetin: 6.7mg, Hesperetin: 6.7mg, Hesperetin: 6.7mg, Hesperetin: 6.7mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 488.95kcal (24.45%), Fat: 0.23g (0.35%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 23.07g (7.69%), Net Carbohydrates: 22.54g (8.2%), Sugar: 21.21g (23.57%), Cholesterol: 0mg (0%), Sodium: 7.79mg (0.34%), Alcohol: 57.65g (100%), Alcohol %: 26.71% (100%), Caffeine: 16.26mg (5.42%), Protein: 0.38g (0.76%), Vitamin C: 16.54mg (20.05%), Copper: 0.06mg (2.76%), Fiber: 0.53g (2.13%), Potassium: 69.65mg (1.99%), Phosphorus: 19.8mg (1.98%), Vitamin B1: 0.03mg (1.96%), Manganese: 0.03mg (1.65%), Folate: 6.18µg (1.54%), Iron: 0.27mg (1.5%), Vitamin B2: 0.02mg (1.18%), Magnesium: 4.31mg (1.08%), Vitamin B6: 0.02mg (1.05%)