



Long Island Iced Tea

READY IN



10 min.

SERVINGS



1

CALORIES



23 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 serving coca-cola
- ☐ 0.5 jigger gin
- ☐ 6 ice cubes
- ☐ 1 slice lemon to decorate
- ☐ 1 jigger lemon juice fresh
- ☐ 0.5 jigger rum white
- ☐ 0.5 teaspoon sugar syrup see note
- ☐ 0.5 jigger tequila
- ☐ 0.5 jigger vodka

- ☐ 0.5 jigger cointreau
- ☐ 0.5 jigger cointreau

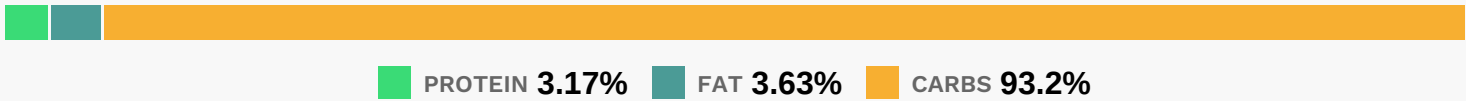
Equipment

- ☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Put the ice cubes in a mixing glass.
- ☐ Add the gin, vodka, rum, tequila, Cointreau, lemon juice and sugar syrup. Stir well, then strain into a tall glass filled with ice cubes.
- ☐ Add enough Coca Cola to fill the glass, and decorate with the slice of lemon.
- ☐ Note: To make sugar syrup, heat 1 cup sugar and 1 cup water in a small saucepan until the sugar dissolves.

Nutrition Facts



Properties

Glycemic Index:148.5, Glycemic Load:0.18, Inflammation Score:-1, Nutrition Score:1.3473912989316%

Flavonoids

Eriodictyol: 2.96mg, Eriodictyol: 2.96mg, Eriodictyol: 2.96mg, Eriodictyol: 2.96mg Hesperetin: 6.29mg, Hesperetin: 6.29mg, Hesperetin: 6.29mg, Hesperetin: 6.29mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 23.03kcal (1.15%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 5.09g (1.85%), Sugar: 3.58g (3.98%), Cholesterol: 0mg (0%), Sodium: 6.73mg (0.29%), Alcohol: 0.67g (100%), Alcohol %: 0.66% (100%), Protein: 0.18g (0.37%), Vitamin C: 15.32mg (18.57%), Folate: 6.77µg (1.69%), Potassium: 42.82mg (1.22%), Fiber: 0.29g (1.14%), Copper: 0.02mg (1.1%), Iron: 0.19mg (1.08%)