

Long Island Iced Tea



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



358 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 oz coca-cola
- ☐ 0.8 oz hendrick's gin
- ☐ 1 serving ice cubes
- ☐ 1 optional: lemon
- ☐ 0.5 oz juice of lemon
- ☐ 0.8 oz rum light
- ☐ 0.8 oz pear liqueur orange-flavored
- ☐ 0.5 oz simple syrup glaze

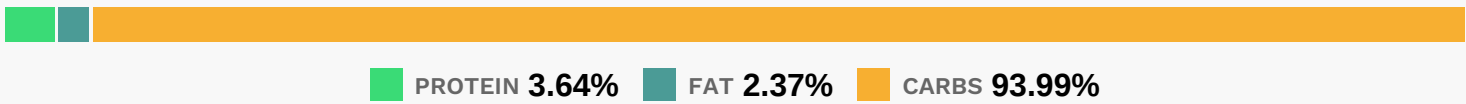
- ☐ 0.8 oz tequila
- ☐ 0.8 oz vodka

Equipment

Directions

- ☐ In highball or tall glass over ice, mix vodka, tequila, gin, rum, liqueur, simple syrup and lemon juice. Stir in cola.
- ☐ Garnish with lime slice.

Nutrition Facts



Properties

Glycemic Index:148.5, Glycemic Load:3.5, Inflammation Score:-6, Nutrition Score:5.9226086424745%

Flavonoids

Eriodictyol: 23.76mg, Eriodictyol: 23.76mg, Eriodictyol: 23.76mg, Eriodictyol: 23.76mg Hesperetin: 32.18mg, Hesperetin: 32.18mg, Hesperetin: 32.18mg, Hesperetin: 32.18mg Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 357.73kcal (17.89%), Fat: 0.36g (0.56%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 32.48g (10.83%), Net Carbohydrates: 29.41g (10.69%), Sugar: 24.25g (26.95%), Cholesterol: 0mg (0%), Sodium: 15.31mg (0.67%), Alcohol: 36.99g (100%), Alcohol %: 14.33% (100%), Protein: 1.26g (2.51%), Vitamin C: 62.73mg (76.03%), Fiber: 3.07g (12.27%), Iron: 1.23mg (6.82%), Potassium: 174.63mg (4.99%), Vitamin B6: 0.09mg (4.68%), Vitamin B1: 0.07mg (4.66%), Folate: 14.72µg (3.68%), Copper: 0.07mg (3.49%), Calcium: 33.02mg (3.3%), Magnesium: 11.47mg (2.87%), Phosphorus: 26mg (2.6%), Manganese: 0.05mg (2.31%), Vitamin B5: 0.22mg (2.24%), Vitamin B2: 0.04mg (2.13%), Vitamin E: 0.18mg (1.22%)