



## Long Island Iced Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



116 kcal

BEVERAGE

DRINK

### Ingredients

- 2 tablespoons sugar sugar-free
- 2 tablespoons hendrick's gin
- 4 servings ice crushed
- 1 slices optional: lemon (if desired)
- 2 tablespoons rum light
- 2 tablespoons orange liqueur
- 2 tablespoons tequila
- 2 tablespoons vodka

4 tablespoons frangelico

4 tablespoons frangelico

## Equipment

## Directions

Fill cocktail shaker with crushed ice.

Add 4 tablespoons sweet-and-sour mix, 2 tablespoons vodka, 2 tablespoons gin, 2 tablespoons orange liqueur, 2 tablespoons light rum, and 2 tablespoons tequila. Cover with lid, and shake until thoroughly chilled. Strain into 4 chilled small martini glasses.

Pour 2 tablespoons sugar-free cola into each glass.

Garnish with lemon slices, if desired.

Cocktail Tip Sidestep the extra calories by making cocktails with fresh fruit juices and calorie-free beverages rather than mixes, which are loaded with sugar.

## Nutrition Facts

PROTEIN 0.31% FAT 1.22% CARBS 98.47%

## Properties

Glycemic Index:38.9, Glycemic Load:4.22, Inflammation Score:-1, Nutrition Score:0.15695652414275%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 116.01kcal (5.8%), Fat: 0.05g (0.07%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 8.55g (2.85%), Net Carbohydrates: 8.51g (3.09%), Sugar: 8.45g (9.39%), Cholesterol: 0mg (0%), Sodium: 1.04mg (0.05%), Alcohol: 11.97g (100%), Alcohol %: 32.8% (100%), Protein: 0.03g (0.05%), Vitamin C: 0.93mg (1.12%)