



Long Island Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



295 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 tablespoons cola drink soft
- ☐ 3 tablespoons hendrick's gin
- ☐ 2 servings ice cubes crushed
- ☐ 1 slices garnish: lemon
- ☐ 3 tablespoons rum light
- ☐ 3 tablespoons orange liqueur
- ☐ 3 tablespoons tequila
- ☐ 3 tablespoons vodka

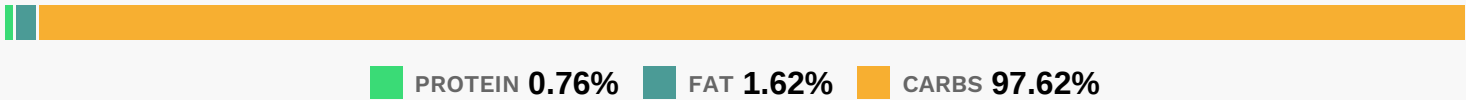
- ☐ 6 tablespoons sweet-and-sour mix
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Equipment

Directions

- ☐ Combine first 7 ingredients in a cocktail shaker or martini shaker. Cover with lid, and shake 30 seconds or until thoroughly chilled.
- ☐ Remove lid, and strain into 2 chilled martini glasses.
- ☐ Pour 3 Tbsp. cola into each glass.
- ☐ Garnish, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:74.25, Glycemic Load:2.73, Inflammation Score:-3, Nutrition Score:0.41130434543542%

Flavonoids

Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 294.63kcal (14.73%), Fat: 0.09g (0.13%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 11.81g (3.94%), Net Carbohydrates: 11.71g (4.26%), Sugar: 11.31g (12.57%), Cholesterol: 0mg (0%), Sodium: 4.59mg (0.2%), Alcohol: 35.91g (100%), Alcohol %: 28.21% (100%), Caffeine: 9.4mg (3.13%), Protein: 0.09g (0.18%), Vitamin C: 1.86mg (2.25%), Copper: 0.03mg (1.37%), Phosphorus: 10.17mg (1.02%)