



Melonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



329 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup ice cubes
- 2 fluid ounces lemon lime soda
- 3 fluid ounce jigger melon liqueur
- 1 fluid ounce vodka
- 2 fluid ounces frangelico sweet sour
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Equipment

Directions

Fill a tumbler with ice cubes and pour in the melon liqueur, sour mix, vodka, and lemon-lime soda. Stir to mix.

Nutrition Facts

PROTEIN 3.88% **FAT 0%** **CARBS 96.12%**

Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:0.1882608677868%

Nutrients (% of daily need)

Calories: 329.41kcal (16.47%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 38.72g (12.91%), Net Carbohydrates: 38.72g (14.08%), Sugar: 38.28g (42.53%), Cholesterol: 0mg (0%), Sodium: 18.04mg (0.78%), Alcohol: 24.69g (100%), Alcohol %: 7.56% (100%), Caffeine: 8.87mg (2.96%), Protein: 1.56g (3.12%), Copper: 0.04mg (2.04%)