



Mrs. Baxton's Long Island Iced Tea

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



392 kcal

BEVERAGE

DRINK

Ingredients

- 2 fluid ounces coca-cola
- 1 fluid ounce hendrick's gin
- 1 lime wedges
- 1 fluid ounce rum
- 1 fluid ounce tequila
- 1 fluid ounce triple sec
- 1 fluid ounce vodka
- 5 fluid ounces frangelico sweet sour

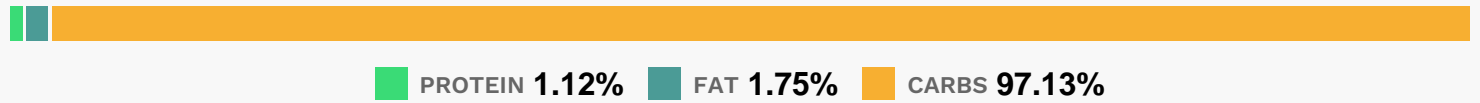
5 fluid ounces frangelico sweet sour

Equipment

Directions

- Fill a cocktail shaker with ice; pour in vodka, tequila, rum, gin, Cointreau, and sweet and sour mix. Cover and shake until the outside of the shaker is frosty.
- Place a few cubes of ice into a highball glass, and strain in the iced tea. Top with the cola, and garnish with a wedge of lime.

Nutrition Facts



Properties

Glycemic Index:155, Glycemic Load:4.01, Inflammation Score:-5, Nutrition Score:0.93217390419348%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 391.58kcal (19.58%), Fat: 0.14g (0.21%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 16.56g (6.02%), Sugar: 15.13g (16.81%), Cholesterol: 0mg (0%), Sodium: 6.27mg (0.27%), Alcohol: 47.19g (100%), Alcohol %: 26.59% (100%), Caffeine: 12.42mg (4.14%), Protein: 0.2g (0.39%), Vitamin C: 5.24mg (6.35%), Copper: 0.05mg (2.29%), Fiber: 0.5g (2.02%), Phosphorus: 15.96mg (1.6%), Iron: 0.23mg (1.27%), Manganese: 0.02mg (1.18%)