



## Not-So-"Hard" Lemonade

 Vegetarian

READY IN



135 min.

SERVINGS



6

CALORIES



1203 kcal

BEVERAGE

DRINK

### Ingredients

- 3 orange sections cut in half
- 3 optional: lemon cut in half
- 3 small strawberries
- 6 grapes green
- 56 oz liquid malt extract chilled
- 0.3 cup grenadine syrup

### Equipment

- frying pan

## Directions

- Remove any seeds from orange and lemon slices.
- In ungreased 15x10x1-inch pan, place orange slices, lemon slices, strawberry halves and grapes in single layer. Freeze at least 2 hours until fruit is frozen.
- When ready to serve, pour malt beverage into each of 6 tall glasses.
- Drizzle 1 tablespoon grenadine syrup into each glass.
- Place orange slice, lemon slice, strawberry half and grape in each glass.

## Nutrition Facts

**PROTEIN 12.72%** **FAT 18.85%** **CARBS 68.43%**

## Properties

Glycemic Index:42.33, Glycemic Load:13.53, Inflammation Score:-9, Nutrition Score:41.345217227936%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.87mg, Pelargonidin: 0.87mg, Pelargonidin: 0.87mg, Pelargonidin: 0.87mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 16.84mg, Hesperetin: 16.84mg, Hesperetin: 16.84mg, Hesperetin: 16.84mg Naringenin: 1.3mg, Naringenin: 1.3mg, Naringenin: 1.3mg, Naringenin: 1.3mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 1203.4kcal (60.17%), Fat: 25.38g (39.04%), Saturated Fat: 12.63g (78.91%), Carbohydrates: 207.29g (69.1%), Net Carbohydrates: 205.24g (74.63%), Sugar: 137.18g (152.42%), Cholesterol: 63.5mg (21.17%), Sodium: 1077.63mg (46.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.53g (77.05%), Vitamin B2: 2.45mg (144.34%), Phosphorus: 959.35mg (95.94%), Vitamin B1: 1.37mg (91.18%), Calcium: 807.26mg (80.73%), Vitamin B3: 13.98mg (69.88%), Magnesium: 252.56mg (63.14%), Selenium: 43.77µg (62.53%), Potassium: 2111.8mg (60.34%), Vitamin B6: 1.14mg (56.89%), Vitamin C: 41.97mg (50.87%), Vitamin B12: 2.12µg (35.28%), Manganese: 0.66mg (33.1%), Folate: 130.54µg (32.64%), Copper: 0.56mg (28.24%), Zinc: 2.69mg (17.92%), Vitamin B5: 1.78mg (17.77%),

Vitamin K: 15.1µg (14.38%), Vitamin A: 622.92IU (12.46%), Iron: 2.22mg (12.36%), Fiber: 2.05g (8.19%), Vitamin E: 1.06mg (7.1%)