



Pink Grapefruit and Lychee Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



260 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 5 grapefruit
- ☐ 1 cup grapefruit juice unsweetened
- ☐ 5 servings ice crushed
- ☐ 20 ounce lychee juice undrained canned
- ☐ 0.5 cup vodka

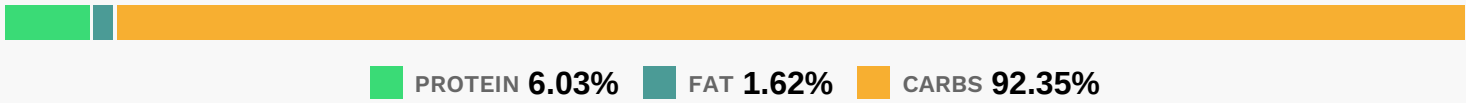
Equipment

- ☐ bowl
- ☐ colander

Directions

- ☐
- Drain lychees in a colander over a bowl; reserve 1 cup syrup. Discard remaining liquid. Drop 1 lychee in the bottom of each of 5 glasses; fill each glass halfway with crushed ice. Reserve remaining lychees for another use.
- ☐
- Combine reserved 1 cup lychee syrup, juice, and vodka in a large martini shaker filled halfway with ice; shake until well chilled. Strain 1/2 cup syrup mixture into each prepared glass; garnish each serving with 1 grapefruit section.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.6, Glycemic Load:8.32, Inflammation Score:-10, Nutrition Score:12.991739221241%

Flavonoids

Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 83.56mg, Naringenin: 83.56mg, Naringenin: 83.56mg, Naringenin: 83.56mg Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 259.51kcal (12.98%), Fat: 0.41g (0.62%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 51.91g (17.3%), Net Carbohydrates: 46.63g (16.96%), Sugar: 39.84g (44.27%), Cholesterol: 0mg (0%), Sodium: 2.37mg (0.1%), Alcohol: 8.02g (100%), Alcohol %: 2.3% (100%), Protein: 3.39g (6.78%), Vitamin C: 173.65mg (210.48%), Vitamin A: 2947.3IU (58.95%), Fiber: 5.28g (21.11%), Potassium: 616.21mg (17.61%), Copper: 0.25mg (12.62%), Magnesium: 39.11mg (9.78%), Folate: 38.19µg (9.55%), Vitamin B2: 0.15mg (9.1%), Phosphorus: 87.63mg (8.76%), Vitamin B1: 0.12mg (8.25%), Vitamin B5: 0.72mg (7.18%), Vitamin B6: 0.14mg (6.78%), Vitamin B3: 1.35mg (6.74%), Calcium: 65.8mg (6.58%), Manganese: 0.12mg (5.93%), Iron: 0.75mg (4.15%), Vitamin E: 0.33mg (2.22%), Selenium: 1.39µg (1.99%), Zinc: 0.23mg (1.51%)