



Pink Lemonade Cocktail



Vegetarian



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



190 kcal

BEVERAGE

DRINK

Ingredients

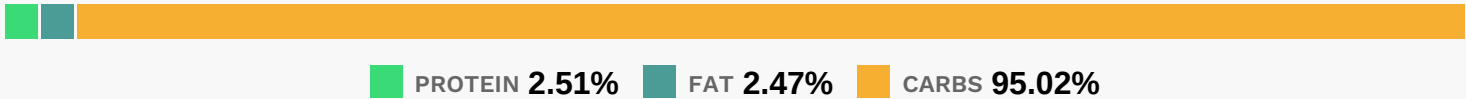
- ☐ 1 slices cranberries fresh
- ☐ 36 oz beer dark chilled (not)
- ☐ 8 servings ice cubes
- ☐ 12 oz lemonade concentrate frozen thawed canned
- ☐ 0.8 cup vodka chilled

Equipment

Directions

- ☐ Stir together first 3 ingredients.
- ☐ Serve over ice.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:12.56, Glycemic Load:1.84, Inflammation Score:-4, Nutrition Score:1.4543478275123%

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 Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 190.24kcal (9.51%), Fat: 0.3g (0.46%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 25.76g (8.59%), Net Carbohydrates: 25.63g (9.32%), Sugar: 18.93g (21.03%), Cholesterol: 0mg (0%), Sodium: 11.11mg (0.48%), Alcohol: 12.49g (100%), Alcohol %: 6.36% (100%), Protein: 0.68g (1.36%), Vitamin C: 5.59mg (6.77%), Vitamin B3: 0.7mg (3.51%), Vitamin B6: 0.07mg (3.36%), Magnesium: 11.2mg (2.8%), Folate: 10.63µg (2.66%), Phosphorus: 21.98mg (2.2%), Vitamin B2: 0.03mg (1.97%), Potassium: 65.39mg (1.87%), Selenium: 0.94µg (1.34%), Copper: 0.02mg (1.16%), Vitamin B1: 0.02mg (1.07%), Vitamin B5: 0.1mg (1.02%)