



Pinkies



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



16

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 optional: lemon sliced
- ☐ 2 liter lemon-lime carbonated beverage chilled flavored
- ☐ 4 drops food coloring red
- ☐ 1 tablespoon vanilla extract
- ☐ 0.8 cup water
- ☐ 1 cup sugar white

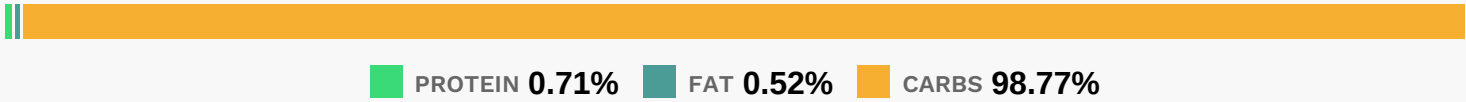
Equipment

- ☐ sauce pan

Directions

- ☐ In a saucepan, combine sugar and water. Boil for 1 minute, stirring to dissolve sugar.
- ☐ Remove from heat, and stir in vanilla and red food coloring; allow to cool. Store in a squeeze bottle for easy use.
- ☐ Fill glasses halfway with ice.
- ☐ Add 1 tablespoon syrup, then top with 8 ounces lemon-lime soda.
- ☐ Garnish with a slice of lemon.

Nutrition Facts



Properties

Glycemic Index:5.97, Glycemic Load:8.84, Inflammation Score:-1, Nutrition Score:0.39173913544611%

Flavonoids

Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 103.55kcal (5.18%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0.02%), Carbohydrates: 26.17g (8.72%), Net Carbohydrates: 25.99g (9.45%), Sugar: 25.45g (28.28%), Cholesterol: 0mg (0%), Sodium: 13.36mg (0.58%), Alcohol: 0.28g (100%), Alcohol %: 0.23% (100%), Caffeine: 18.7mg (6.23%), Protein: 0.19g (0.37%), Vitamin C: 3.58mg (4.34%)