



Pretty Pink Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

5 min.

SERVINGS

servings

8

CALORIES

calories

161 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 optional: lemon sliced into thin rounds
- ☐ 12 ounce concentrated lemonade frozen thawed canned
- ☐ 8 servings mint sprigs for garnish
- ☐ 1 pint raspberries fresh
- ☐ 2 cups seltzer water chilled
- ☐ 1.5 cups vanilla vodka
- ☐ 3 cups water cold

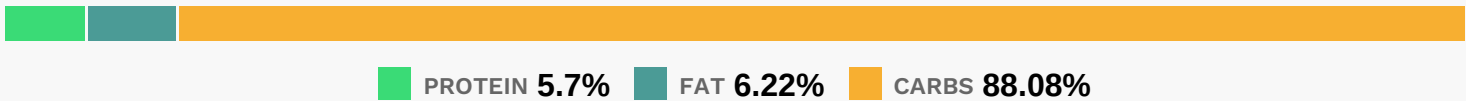
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sieve
- ☐ blender
- ☐ spatula

Directions

- ☐ Put the raspberries in a blender or food processor and puree. Using a rubber spatula press the raspberry puree through a fine mesh sieve into a medium bowl. In a large pitcher combine the frozen concentrated lemonade, strained raspberry puree, the vodka, 3 cups of cold water and the seltzer. Stir and pour into glasses filled with ice.
- ☐ Garnish each glass with a sprig of mint and a lemon slice.

Nutrition Facts



Properties

Glycemic Index:16.38, Glycemic Load:4.53, Inflammation Score:-4, Nutrition Score:4.813912977343%

Flavonoids

Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 3.19mg, Eriodictyol: 3.19mg, Eriodictyol: 3.19mg, Eriodictyol: 3.19mg Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 160.89kcal (8.04%), Fat: 0.43g (0.67%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 13.84g (4.61%), Net Carbohydrates: 9.54g (3.47%), Sugar: 7.98g (8.87%), Cholesterol: 0mg (0%), Sodium: 21.17mg (0.92%), Alcohol: 15.03g (100%), Alcohol %: 6.16% (100%), Protein: 0.9g (1.79%), Vitamin C: 22.97mg (27.84%), Manganese: 0.41mg (20.63%), Fiber: 4.3g (17.21%), Vitamin K: 4.61µg (4.39%), Copper: 0.08mg (4.19%), Magnesium: 16.37mg (4.09%), Folate: 15.05µg (3.76%), Vitamin E: 0.53mg (3.57%), Potassium: 115.26mg (3.29%), Iron: 0.55mg (3.06%), Calcium: 26.35mg (2.63%), Zinc: 0.34mg (2.24%), Vitamin B5: 0.22mg (2.24%), Vitamin B6: 0.04mg (2.23%), Phosphorus: 22.29mg (2.23%), Vitamin B3: 0.38mg (1.92%), Vitamin B1: 0.03mg (1.83%), Vitamin B2: 0.03mg (1.82%), Vitamin A: 64.97IU (1.3%)