



## Screwdriver Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



292 kcal

BEVERAGE

DRINK

### Ingredients

- 1 liter club soda chilled
- 1 slices garnish: lemon
- 2 liter lemon-lime drink chilled soft
- 24 oz orange juice concentrate frozen thawed canned
- 1 pt vodka chilled

### Equipment

## Directions

- Stir together first 2 ingredients in a large pitcher. Slowly add soft drink and club soda.
- Serve immediately over ice.
- Garnish, if desired.

## Nutrition Facts

**PROTEIN 3.87%** **FAT 0.82%** **CARBS 95.31%**

## Properties

Glycemic Index:4.05, Glycemic Load:0.01, Inflammation Score:-6, Nutrition Score:8.4878260467363%

## Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 292kcal (14.6%), Fat: 0.17g (0.26%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 44.8g (14.93%), Net Carbohydrates: 44.1g (16.04%), Sugar: 40.55g (45.06%), Cholesterol: 0mg (0%), Sodium: 46.2mg (2.01%), Alcohol: 15.8g (100%), Alcohol %: 4.82% (100%), Caffeine: 29.93mg (9.98%), Protein: 1.82g (3.64%), Vitamin C: 99.03mg (120.03%), Folate: 52.47µg (13.12%), Vitamin B1: 0.19mg (12.65%), Potassium: 433.4mg (12.38%), Vitamin B6: 0.18mg (8.87%), Vitamin B2: 0.12mg (7.21%), Magnesium: 26.86mg (6.72%), Vitamin A: 258.02IU (5.16%), Phosphorus: 43.98mg (4.4%), Vitamin B3: 0.77mg (3.86%), Vitamin B5: 0.38mg (3.82%), Calcium: 35.03mg (3.5%), Fiber: 0.7g (2.8%), Vitamin E: 0.41mg (2.73%), Copper: 0.05mg (2.56%), Manganese: 0.03mg (1.69%), Iron: 0.28mg (1.57%), Zinc: 0.23mg (1.53%)