



Spicy Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



728 kcal

BEVERAGE

DRINK

Ingredients



1 liter club soda



1 teaspoon hot sauce



2 servings ice cubes crushed



0.3 cup juice of lemon fresh



6 ounce lemonade concentrate frozen canned



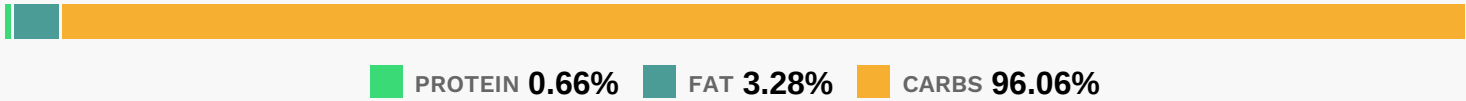
2 cups rum white

Equipment

Directions

- ☐ Gently stir club soda, rum, lemonade concentrate, lemon juice, and hot sauce together in a pitcher.
- ☐ Pour into glasses filled with crushed ice to serve.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:2.9830434526438%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 728.03kcal (36.4%), Fat: 0.68g (1.04%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 44.58g (14.86%), Net Carbohydrates: 44.23g (16.08%), Sugar: 38.64g (42.93%), Cholesterol: 0mg (0%), Sodium: 166.57mg (7.24%), Alcohol: 80.16g (100%), Alcohol %: 11.83% (100%), Protein: 0.3g (0.61%), Vitamin C: 24.44mg (29.63%), Copper: 0.1mg (4.85%), Zinc: 0.65mg (4.32%), Calcium: 32.97mg (3.3%), Magnesium: 12.89mg (3.22%), Manganese: 0.06mg (3.19%), Potassium: 110.33mg (3.15%), Folate: 12.17µg (3.04%), Vitamin B1: 0.04mg (2.63%), Vitamin B6: 0.04mg (1.83%), Phosphorus: 18.21mg (1.82%), Iron: 0.26mg (1.43%), Fiber: 0.35g (1.41%), Vitamin B5: 0.14mg (1.4%)