



Spiked Arnold Palmer

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup bourbon
- 1 slices garnish: lemon
- 0.5 cup juice of lemon fresh
- 1 teaspoon lemon zest
- 0.8 cup sugar
- 5 regular-size tea bags
- 4 cups water boiling
- 4 cups water cold

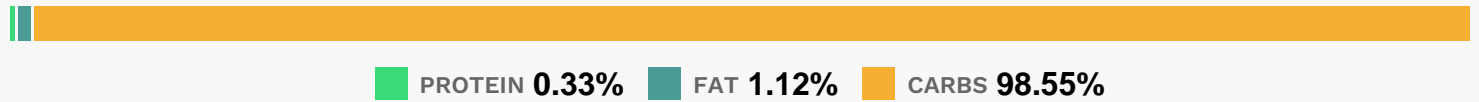
Equipment

- bowl
- sieve

Directions

- Pour boiling water over tea bags, sugar, and lemon zest in a large bowl. Stir until sugar is dissolved; cover and steep 5 minutes.
- Pour mixture through a fine wire-mesh strainer into a large pitcher, discarding tea bags and zest. Stir in 4 cups cold water and next 2 ingredients. Cover and chill 30 minutes to 12 hours.
- Serve over ice.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:11.06, Glycemic Load:10.48, Inflammation Score:-1, Nutrition Score:0.59652173081818%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 116.17kcal (5.81%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 15.88g (5.29%), Net Carbohydrates: 15.8g (5.75%), Sugar: 15.3g (17%), Cholesterol: 0mg (0%), Sodium: 10mg (0.43%), Alcohol: 8.02g (100%), Alcohol %: 4.17% (100%), Protein: 0.05g (0.11%), Vitamin C: 5.35mg (6.49%), Copper: 0.04mg (1.94%)