

Spiked Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



227 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups seltzer water lemon-flavored chilled
- 3 servings ice crushed
- 1 slices optional: lemon
- 0.5 cup juice of lemon fresh
- 0.3 cup orange liqueur
- 0.3 cup sugar
- 0.5 cup vodka chilled

Equipment

Directions

- Combine first 5 ingredients in a large pitcher.
- Serve over crushed ice.
- Garnish each serving with a lemon slice, if desired.

Nutrition Facts

PROTEIN 0.7% **FAT 1.83%** **CARBS 97.47%**

Properties

Glycemic Index:36.86, Glycemic Load:11.67, Inflammation Score:-3, Nutrition Score:1.5791304291266%

Flavonoids

Eriodictyol: 2.48mg, Eriodictyol: 2.48mg, Eriodictyol: 2.48mg, Eriodictyol: 2.48mg Hesperetin: 6.54mg, Hesperetin: 6.54mg, Hesperetin: 6.54mg, Hesperetin: 6.54mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 226.76kcal (11.34%), Fat: 0.22g (0.33%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 25.96g (8.65%), Net Carbohydrates: 25.77g (9.37%), Sugar: 24.05g (26.72%), Cholesterol: 0mg (0%), Sodium: 35.77mg (1.56%), Alcohol: 18.47g (100%), Alcohol %: 8.42% (100%), Caffeine: 5.11mg (1.7%), Protein: 0.19g (0.38%), Vitamin C: 16.97mg (20.58%), Folate: 8.39µg (2.1%), Potassium: 54.89mg (1.57%), Copper: 0.03mg (1.5%), Zinc: 0.19mg (1.25%), Magnesium: 4.8mg (1.2%), Calcium: 11.33mg (1.13%), Vitamin B6: 0.02mg (1.03%)