



Spiked Strawberry Lemon Spritzer



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



174 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup honey
- ☐ 4 juice of lemon
- ☐ 1 optional: lemon sliced
- ☐ 16 ounces seltzer water
- ☐ 8 strawberries plus more for garnish
- ☐ 12 ounces vodka

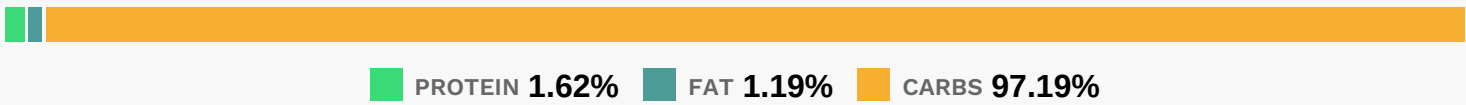
Equipment

- ☐ sauce pan

Directions

- ☐ In a small saucepan, simmerhoney and 1/2 cup water overmedium–low heat, 2 minutes.
- ☐ Let cool.
- ☐ Place 1 hulled berry ineach of 8 glasses; mash. Fillglasses with ice. In a pitcher,combine honey mixture, vodka,juice and sparkling water; stir.Divide among glasses; garnishwith berries and lemon slices.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:16.6, Glycemic Load:9.6, Inflammation Score:-3, Nutrition Score:2.0539130134427%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 3.62mg, Eriodictyol: 3.62mg, Eriodictyol: 3.62mg, Eriodictyol: 3.62mg Hesperetin: 5.94mg, Hesperetin: 5.94mg, Hesperetin: 5.94mg, Hesperetin: 5.94mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 173.7kcal (8.68%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 20.67g (6.89%), Net Carbohydrates: 19.97g (7.26%), Sugar: 18.7g (20.77%), Cholesterol: 0mg (0%), Sodium: 13.72mg (0.6%), Alcohol: 14.2g (100%), Alcohol %: 11.19% (100%), Protein: 0.34g (0.69%), Vitamin C: 20.12mg (24.39%), Manganese: 0.07mg (3.48%), Fiber: 0.71g (2.82%), Folate: 7.79µg (1.95%), Potassium: 65.02mg (1.86%), Vitamin B6: 0.03mg (1.42%), Copper: 0.03mg (1.42%), Iron: 0.24mg (1.34%), Magnesium: 4.53mg (1.13%), Vitamin B2: 0.02mg (1.1%), Calcium:

10.44mg (1.04%)