

Summer Hummer

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

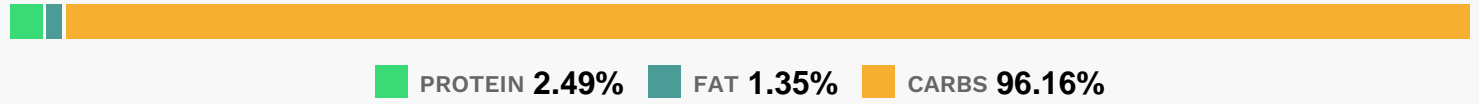
- 5 cubes ice cubes
- 4 fluid ounces lemon-lime carbonated beverage flavored
- 1 lemon wedges
- 2 fluid ounces pink lemonade kool-aid prepared
- 2 fluid ounces lime vodka

Equipment

Directions

- Place the ice into a tall glass.
- Pour in the vodka, lemonade, and lemon-lime beverage.
- Garnish with a lemon wedge to serve.

Nutrition Facts



Properties

Glycemic Index:122, Glycemic Load:6.59, Inflammation Score:-2, Nutrition Score:2.9247825365999%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 30.45mg, Hesperetin: 30.45mg, Hesperetin: 30.45mg, Hesperetin: 30.45mg Naringenin: 2.11mg, Naringenin: 2.11mg, Naringenin: 2.11mg, Naringenin: 2.11mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 101.45kcal (5.07%), Fat: 0.17g (0.27%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 27.71g (9.24%), Net Carbohydrates: 25.55g (9.29%), Sugar: 20.5g (22.78%), Cholesterol: 0mg (0%), Sodium: 20.62mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.74mg (5.91%), Protein: 0.72g (1.44%), Vitamin C: 26.75mg (32.42%), Fiber: 2.16g (8.64%), Calcium: 28.66mg (2.87%), Copper: 0.06mg (2.82%), Iron: 0.49mg (2.7%), Potassium: 86.35mg (2.47%), Vitamin B6: 0.04mg (1.99%), Magnesium: 6.87mg (1.72%), Folate: 6.71µg (1.68%), Vitamin B1: 0.02mg (1.66%), Vitamin B5: 0.16mg (1.63%), Phosphorus: 13.53mg (1.35%), Vitamin E: 0.16mg (1.05%)