



Sunny's Hard Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



565 min.

SERVINGS



5

CALORIES



648 kcal

BEVERAGE

DRINK

Ingredients

- 8 cups ice cubes
- 1 optional: lemon sliced into rings
- 1 cup juice of lemon fresh
- 1 lime sliced into rings
- 1 cup sugar
- 2 vanilla beans
- 1 liter vodka
- 2 cups water

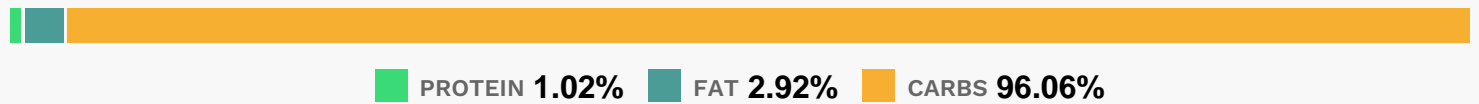
Equipment

- sauce pan

Directions

- In a small saucepan, bring water and sugar to a simmer. Cook until sugar dissolves.
- Remove from heat and let cool.
- In a large pitcher, fill with ice. Stir in simple syrup, vodka, juice, lemon and lime slices.
- *for kid-friendly version, omit alcohol.
- Split beans lengthwise and add to vodka bottle.
- Let infuse overnight in a cool dark place. Strain into another sterilized bottle.

Nutrition Facts



Properties

Glycemic Index:28.52, Glycemic Load:28.61, Inflammation Score:-6, Nutrition Score:3.4326087709354%

Flavonoids

Eriodictyol: 7mg, Eriodictyol: 7mg, Eriodictyol: 7mg, Eriodictyol: 7mg Hesperetin: 18.85mg, Hesperetin: 18.85mg, Hesperetin: 18.85mg, Hesperetin: 18.85mg Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 648.38kcal (32.42%), Fat: 0.64g (0.98%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 47.13g (15.71%), Net Carbohydrates: 46g (16.73%), Sugar: 41.92g (46.57%), Cholesterol: 0mg (0%), Sodium: 27.28mg (1.19%), Alcohol: 67.76g (100%), Alcohol %: 10.71% (100%), Protein: 0.5g (1%), Vitamin C: 34.23mg (41.49%), Copper: 0.12mg (6.17%), Fiber: 1.13g (4.51%), Folate: 13.21µg (3.3%), Potassium: 96.57mg (2.76%), Calcium: 27.56mg (2.76%), Magnesium: 10.19mg (2.55%), Vitamin B1: 0.03mg (2.3%), Vitamin B6: 0.05mg (2.27%), Vitamin B2: 0.04mg (2.12%), Phosphorus: 19.92mg (1.99%), Iron: 0.29mg (1.61%), Vitamin B5: 0.13mg (1.34%)