

Swamp Water

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



1 min.

SERVINGS



1

CALORIES



355 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 fluid ounce brandy
- 1 cup ice cubes
- 2 cups pink lemonade kool-aid prepared
- 1.5 fluid ounce lime flavored

Equipment

Directions

In a tall glass over ice, combine apricot brandy, lime vodka and lemonade. Stir.

Nutrition Facts

PROTEIN 0.48% **FAT 0.31%** **CARBS 99.21%**

Properties

Glycemic Index:111.5, Glycemic Load:39.7, Inflammation Score:-2, Nutrition Score:1.7169564975345%

Flavonoids

Hesperetin: 19.07mg, Hesperetin: 19.07mg, Hesperetin: 19.07mg, Hesperetin: 19.07mg Naringenin: 1.51mg, Naringenin: 1.51mg, Naringenin: 1.51mg, Naringenin: 1.51mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 355.16kcal (17.76%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 64.51g (21.5%), Net Carbohydrates: 63.26g (23.01%), Sugar: 56.59g (62.87%), Cholesterol: 0mg (0%), Sodium: 43.08mg (1.87%), Alcohol: 14.81g (100%), Alcohol %: 2.36% (100%), Protein: 0.31g (0.62%), Vitamin C: 12.91mg (15.65%), Fiber: 1.24g (4.97%), Copper: 0.08mg (3.8%), Calcium: 21.73mg (2.17%), Iron: 0.28mg (1.58%), Potassium: 46.13mg (1.32%), Magnesium: 5.03mg (1.26%), Vitamin B1: 0.02mg (1.06%)