



Sweet Tea Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



52 kcal

SIDE DISH

Ingredients

- 2 pieces skinned cucumber chopped
- 4 mint leaves fresh
- 1 serving ice cubes
- 1 serving lemon wheel for garnish
- 3 ounces pink lemonade kool-aid
- 3 raspberries
- 2 ounces tea vodka sweet

Equipment

canning jar

Directions

- Watch how to make this recipe.
- Muddle the cucumber, mint, raspberries and ice in a shaker.
- Add the lemonade and sweet tea vodka. Shake well.
- Pour into a high ball glass or mason jar and garnish with a lemon wheel.

Nutrition Facts

 **PROTEIN 2.3%**  **FAT 1.68%**  **CARBS 96.02%**

Properties

Glycemic Index:131, Glycemic Load:7.16, Inflammation Score:-4, Nutrition Score:1.8847826315981%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 4.59mg, Epigallocatechin: 4.59mg, Epigallocatechin: 4.59mg, Epigallocatechin: 4.59mg Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg, Epicatechin: 1.42mg Epicatechin 3-gallate: 3.32mg, Epicatechin 3-gallate: 3.32mg, Epicatechin 3-gallate: 3.32mg, Epicatechin 3-gallate: 3.32mg Epigallocatechin 3-gallate: 5.34mg, Epigallocatechin 3-gallate: 5.34mg, Epigallocatechin 3-gallate: 5.34mg, Epigallocatechin 3-gallate: 5.34mg Theaflavin: 0.9mg, Theaflavin: 0.9mg, Theaflavin: 0.9mg, Theaflavin: 0.9mg Thearubigins: 46.1mg, Thearubigins: 46.1mg, Thearubigins: 46.1mg, Thearubigins: 46.1mg Eriodictyol: 2.73mg, Eriodictyol: 2.73mg, Eriodictyol: 2.73mg, Eriodictyol: 2.73mg Hesperetin: 2.36mg, Hesperetin: 2.36mg, Hesperetin: 2.36mg, Hesperetin: 2.36mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg Theaflavin-3,3'-digallate: 0.99mg, Theaflavin-3,3'-digallate: 0.99mg, Theaflavin-3,3'-digallate: 0.99mg, Theaflavin-3,3'-digallate: 0.99mg Theaflavin-3'-gallate: 0.86mg, Theaflavin-3'-gallate: 0.86mg, Theaflavin-3'-gallate: 0.86mg, Theaflavin-3'-gallate: 0.86mg Gallocatechin: 0.71mg, Gallocatechin: 0.71mg, Gallocatechin: 0.71mg, Gallocatechin: 0.71mg

Nutrients (% of daily need)

Calories: 51.89kcal (2.59%), Fat: 0.1g (0.16%), Saturated Fat: 0.02g (0.09%), Carbohydrates: 12.96g (4.32%), Net Carbohydrates: 12.04g (4.38%), Sugar: 10.53g (11.7%), Cholesterol: 0mg (0%), Sodium: 11.37mg (0.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.34mg (3.78%), Protein: 0.31g (0.62%), Manganese: 0.22mg (10.75%), Vitamin C: 6.62mg (8.02%), Fiber: 0.92g (3.68%), Vitamin A: 174.88IU (3.5%), Folate: 9.7µg (2.43%), Magnesium: 7.58mg (1.9%), Copper: 0.04mg (1.86%), Potassium: 65.18mg (1.86%), Iron: 0.3mg (1.68%), Calcium: 15mg (1.5%), Vitamin B2: 0.02mg (1.34%)