



The Charleston Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



106 kcal

BEVERAGE

DRINK

Ingredients

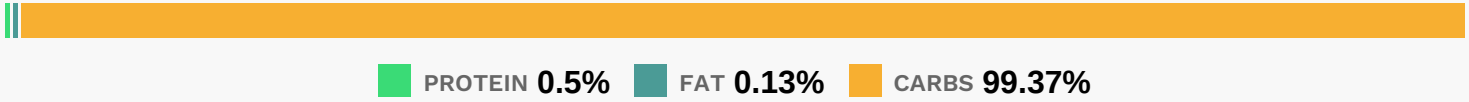
- ☐ 0.3 cup peach-flavored iced tea unsweetened
- ☐ 0.3 cup pink lemonade kool-aid
- ☐ 1 tablespoon madeira wine
- ☐ 1 serving garnish: mint sprig fresh
- ☐ 1 serving splash of mint-infused simple syrup
- ☐ 3 tablespoons muscadine wine-flavored vodka

Equipment

Directions

- ☐ Fill a cocktail shaker about two-thirds full with ice.
- ☐ Add tea and next 4 ingredients; cover with lid, and shake until thoroughly chilled and slightly foamy.
- ☐ Remove lid, and strain into a tall glass filled with ice.
- ☐ Serve immediately.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used Firefly Muscadine Wine-Flavored Vodka.
- ☐ *Regular vodka may be substituted.

Nutrition Facts



Properties

Glycemic Index:94.5, Glycemic Load:5.07, Inflammation Score:-2, Nutrition Score:1.0373912801885%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 105.97kcal (5.3%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0.02%), Carbohydrates: 15.74g (5.25%), Net Carbohydrates: 15.66g (5.69%), Sugar: 13.89g (15.44%), Cholesterol: 0mg (0%), Sodium: 9.99mg (0.43%), Alcohol: 6.22g (100%), Alcohol %: 4.38% (100%), Protein: 0.08g (0.16%), Manganese: 0.18mg (8.98%), Magnesium: 7.94mg (1.98%), Potassium: 67.42mg (1.93%), Vitamin B6: 0.03mg (1.65%), Iron: 0.29mg (1.63%), Phosphorus: 13.1mg (1.31%)