



The Corsican Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



6

CALORIES



174 kcal

BEVERAGE

DRINK

Ingredients

- 10 ounce seltzer water chilled
- 6 optional: lemon
- 1.8 ounces juice of lemon freshly squeezed
- 13 ounces lillet blanc chilled
- 3.5 ounces karo syrup

Equipment

- bowl
- measuring cup

funnel

Directions

- Combine the Lillet, limoncello, elderflower syrup, and lemon juice in a large measuring cup or medium bowl. Using a funnel, transfer to a 3-cup-capacity bottle (or 750-milliliter bottle) with a tightfitting lid and refrigerate for up to 8 hours. When ready to serve, pour about 4 ounces of the mixture into a chilled cocktail glass and top with about 1 1/2 to 1 3/4 ounces of the club soda.
- Garnish with a lemon twist, if desired, and serve. (Alternatively, you can combine all of the ingredients except the lemon twists in a 5-cup punch bowl and serve immediately.)

Nutrition Facts



PROTEIN 5.13% **FAT 2.46%** **CARBS 92.41%**

Properties

Glycemic Index:4.25, Glycemic Load:1.8, Inflammation Score:-5, Nutrition Score:5.3900001126787%

Flavonoids

Eriodictyol: 23.47mg, Eriodictyol: 23.47mg, Eriodictyol: 23.47mg, Eriodictyol: 23.47mg Hesperetin: 31.33mg, Hesperetin: 31.33mg, Hesperetin: 31.33mg, Hesperetin: 31.33mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 174.2kcal (8.71%), Fat: 0.34g (0.53%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 29g (9.67%), Net Carbohydrates: 25.95g (9.44%), Sugar: 18.03g (20.04%), Cholesterol: 0mg (0%), Sodium: 23.91mg (1.04%), Alcohol: 10.44g (100%), Alcohol %: 5.48% (100%), Protein: 1.61g (3.22%), Vitamin C: 60.44mg (73.26%), Fiber: 3.05g (12.2%), Potassium: 158.5mg (4.53%), Vitamin B6: 0.09mg (4.51%), Calcium: 41.96mg (4.2%), Iron: 0.66mg (3.66%), Folate: 13.53µg (3.38%), Vitamin B1: 0.05mg (3.01%), Magnesium: 9.61mg (2.4%), Copper: 0.04mg (2.21%), Vitamin B5: 0.22mg (2.16%), Phosphorus: 17.94mg (1.79%), Manganese: 0.03mg (1.69%), Vitamin B2: 0.02mg (1.34%), Vitamin E: 0.17mg (1.16%)