

## The Fabulous

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 fluid ounces seltzer water
- 1 cup ice cubes
- 1 fluid ounce lemon lime soda
- 1 lime
- 1.3 fluid ounces vodka

### Equipment

- drinking straws

# Directions

Fill a rocks glass with ice, and pour in the vodka, club soda, and lemon-lime soda. Top with a lime twist and serve with a straw.

# Nutrition Facts



**PROTEIN 4.54%** **FAT 2.76%** **CARBS 92.7%**

# Properties

Glycemic Index:47, Glycemic Load:1.65, Inflammation Score:-3, Nutrition Score:2.5221738815308%

# Flavonoids

Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

# Nutrients (% of daily need)

Calories: 117.61kcal (5.88%), Fat: 0.13g (0.21%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 10.12g (3.37%), Net Carbohydrates: 8.24g (3%), Sugar: 4.15g (4.61%), Cholesterol: 0mg (0%), Sodium: 35.13mg (1.53%), Alcohol: 12.35g (100%), Alcohol %: 3.41% (100%), Caffeine: 4.44mg (1.48%), Protein: 0.5g (0.99%), Vitamin C: 19.5mg (23.63%), Fiber: 1.88g (7.5%), Copper: 0.09mg (4.52%), Calcium: 34.23mg (3.42%), Iron: 0.42mg (2.34%), Potassium: 70.78mg (2.02%), Magnesium: 7.57mg (1.89%), Vitamin B1: 0.02mg (1.46%), Vitamin B5: 0.15mg (1.45%), Vitamin B6: 0.03mg (1.44%), Phosphorus: 13.91mg (1.39%), Folate: 5.36µg (1.34%), Zinc: 0.19mg (1.26%)