



The Monsoon

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup brown sugar for rimming glass
- 4 ounces sugar cane juice
- 4 servings ice cubes crushed
- 4 ounces ice tea unsweetened
- 0.5 juice of lime juiced
- 4 servings mint leaves
- 4 ounces tangerine vodka (recommended: Grey Goose)

Equipment

bowl

Directions

- In a large glass pitcher, combine some crushed ice, unsweetened tea, vodka, sugar cane juice, lime juice and a few mint leaves.
- Put the brown sugar in a shallow bowl or plate. Dip the rims of 4 glasses into a shallow bowl of water, then press them into the brown sugar.
- Pour the drink into the glasses and serve.

Nutrition Facts

PROTEIN 0.15% **FAT 0.46%** **CARBS 99.39%**

Properties

Glycemic Index:21.27, Glycemic Load:19.79, Inflammation Score:-1, Nutrition Score:0.69043477948593%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 256.99kcal (12.85%), Fat: 0.1g (0.16%), Saturated Fat: 0g (0.02%), Carbohydrates: 49.46g (16.49%), Net Carbohydrates: 49.36g (17.95%), Sugar: 48.87g (54.3%), Cholesterol: 0mg (0%), Sodium: 7.27mg (0.32%), Alcohol: 9.47g (100%), Alcohol %: 11% (100%), Protein: 0.08g (0.15%), Manganese: 0.07mg (3.53%), Calcium: 19.34mg (1.93%), Vitamin C: 1.44mg (1.75%), Iron: 0.2mg (1.12%), Potassium: 38.15mg (1.09%)