

The REAL Long Island Iced Tea



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



224 kcal

BEVERAGE

DRINK

Ingredients



1 fluid ounce coca-cola to taste



0.5 fluid ounce hendrick's gin



1 optional: lemon



0.5 fluid ounce rum



0.5 fluid ounce tequila



0.5 fluid ounce triple sec orange-flavored (liqueur)



0.5 fluid ounce vodka



1 fluid ounce mix sweet sour

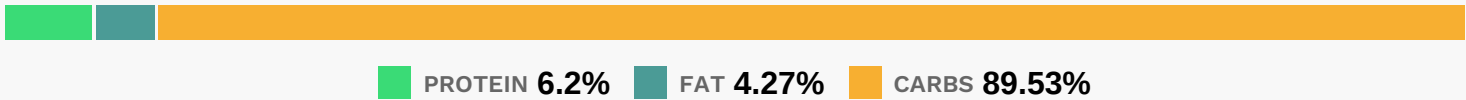
1 fluid ounce mix sweet sour

Equipment

Directions

- Fill a cocktail shaker with ice.
- Pour vodka, rum, gin, tequila, triple sec, and sour mix over ice; cover and shake.
- Pour cocktail into a Collins or hurricane glass; top with splash of cola for color.
- Garnish with a lemon slice.

Nutrition Facts



Properties

Glycemic Index:148.5, Glycemic Load:3.58, Inflammation Score:-5, Nutrition Score:5.2178259893604%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg 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: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 224.41kcal (11.22%), Fat: 0.37g (0.58%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 17.65g (5.88%), Net Carbohydrates: 14.63g (5.32%), Sugar: 10.11g (11.24%), Cholesterol: 0mg (0%), Sodium: 5.12mg (0.22%), Alcohol: 23.6g (100%), Alcohol %: 14.14% (100%), Caffeine: 6.21mg (2.07%), Protein: 1.22g (2.45%), Vitamin C: 57.24mg (69.38%), Fiber: 3.02g (12.1%), Potassium: 155.1mg (4.43%), Vitamin B6: 0.09mg (4.34%), Iron: 0.71mg (3.94%), Vitamin B1: 0.05mg (3.15%), Folate: 11.88µg (2.97%), Calcium: 28.82mg (2.88%), Copper: 0.06mg (2.85%), Phosphorus: 23.64mg (2.36%), Magnesium: 9.08mg (2.27%), Manganese: 0.04mg (2.17%), Vitamin B5: 0.21mg (2.05%), Vitamin B2: 0.03mg (1.54%), Vitamin E: 0.16mg (1.08%)