

# The Vodka Collins

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



2

CALORIES



246 kcal

BEVERAGE

DRINK

## Ingredients

- 1 cup seltzer water
- 2 servings ice cubes
- 1 optional: lemon
- 2 cups pink lemonade kool-aid prepared
- 1 teaspoon sugar
- 3 fluid ounce vodka

## Equipment

## Directions

- Fill a shaker half way full with ice.
- Pour in the lemonade, club soda and sugar.
- Cut the lemon in half and squeeze the juice into the shaker.
- Pour in the vodka, cover and shake well. Strain into two glasses that are filled half way with ice. You can add oranges and cherries for garnish and make your drink look real pretty but hey, do you really want to do all that after work? Enjoy!

## Nutrition Facts

**PROTEIN 1.57%** **FAT 1%** **CARBS 97.43%**

## Properties

Glycemic Index:87.55, Glycemic Load:21.6, Inflammation Score:-3, Nutrition Score:2.6982608249654%

## Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

## Nutrients (% of daily need)

Calories: 245.52kcal (12.28%), Fat: 0.17g (0.26%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 36.95g (12.32%), Net Carbohydrates: 35.44g (12.89%), Sugar: 31.26g (34.74%), Cholesterol: 0mg (0%), Sodium: 44.15mg (1.92%), Alcohol: 14.81g (100%), Alcohol %: 3.68% (100%), Protein: 0.59g (1.19%), Vitamin C: 28.62mg (34.69%), Fiber: 1.51g (6.05%), Potassium: 77.37mg (2.21%), Calcium: 21.65mg (2.17%), Vitamin B6: 0.04mg (2.16%), Copper: 0.04mg (2.03%), Iron: 0.34mg (1.9%), Vitamin B1: 0.02mg (1.59%), Magnesium: 6.06mg (1.52%), Folate: 5.94µg (1.49%), Phosphorus: 10.86mg (1.09%), Zinc: 0.16mg (1.04%), Vitamin B5: 0.1mg (1.03%)