



Tickled Pink Tropical Island “Iced Tea”



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



389 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 ounce club soda to taste (or)
- ☐ 1 ounce hendrick's gin
- ☐ 2 ounce guava nectar (such as kearns)
- ☐ 1 ounce juice of lime fresh
- ☐ 1 serving lime wedges as garnish
- ☐ 1 ounce captain morgan's spiced rum
- ☐ 1 ounce tequila
- ☐ 1 ounce triple sec

☐ 1 ounce vodka

Equipment

Directions

- ☐ Pour all the ingredients into a large, tall 10–14 oz ice-filled Collins or Chimney style glass. Top with the club soda and gently stir.
- ☐ Garnish with as many fresh lime wedges as you like.Variations:Long Island Iced Tea: Replace the spiced rum with white rum and the guava juice with orange juice and the club soda with cola.Miami Iced Tea: Replace the spiced rum with white rum and the guava juice with orange juice and the club soda with cola and the Cointreau with blue curaao.New England Iced Tea: Replace the spiced rum with white rum and the guava juice with orange juice and the club soda with cranberry juice.

Nutrition Facts



Properties

Glycemic Index:92, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:2.0595652506403%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 388.97kcal (19.45%), Fat: 0.14g (0.22%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 20.05g (6.68%), Net Carbohydrates: 19.34g (7.03%), Sugar: 16.64g (18.49%), Cholesterol: 0mg (0%), Sodium: 19.86mg (0.86%), Alcohol: 45.25g (100%), Alcohol %: 20.16% (100%), Caffeine: 7.37mg (2.46%), Protein: 0.21g (0.41%), Vitamin C: 19.97mg (24.2%), Fiber: 0.71g (2.83%), Copper: 0.05mg (2.67%), Manganese: 0.05mg (2.43%), Potassium: 67.36mg (1.92%), Calcium: 13.65mg (1.37%), Magnesium: 5.45mg (1.36%), Phosphorus: 11.8mg (1.18%), Folate: 4.62µg (1.15%), Vitamin B1: 0.02mg (1.12%)