

Basil Lime Cooler



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



879 kcal

BEVERAGE

DRINK

Ingredients



1 ounce basil



1 serving basil



3 basil



0.5 ounce juice of lime freshly squeezed



1 cup sugar



1.5 ounces vodka



1 cup water

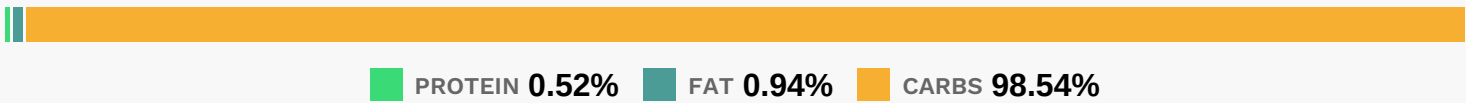
Equipment

- ☐ sauce pan
- ☐ sieve
- ☐ drinking straws

Directions

- ☐ Combine water, sugar, and basil leaves in a small saucepan.
- ☐ Heat over high heat until boiling, stirring to dissolve sugar. Reduce to a simmer and continue to cook for 10 minutes.
- ☐ Remove from heat and let cool. Strain through a fine mesh strainer. Basil syrup will keep for one week in a sealed container in the refrigerator.
- ☐ Combine 1 ounce basil syrup, lime juice, and vodka in a cocktail shaker filled with ice. Shake vigorously for 10 seconds. Fill a collins glass with ice, then strain the cocktail into the glass.
- ☐ Add extra basil leaves to the glass, top with seltzer and stir gently.
- ☐ Garnish with straw and basil sprig.

Nutrition Facts



Properties

Glycemic Index:295.09, Glycemic Load:139.85, Inflammation Score:-8, Nutrition Score:9.6234782338142%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 879.03kcal (43.95%), Fat: 0.85g (1.31%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 201.23g (67.08%), Net Carbohydrates: 200.67g (72.97%), Sugar: 199.93g (222.15%), Cholesterol: 0mg (0%), Sodium: 15.8mg (0.69%), Alcohol: 14.2g (100%), Alcohol %: 3.43% (100%), Protein: 1.05g (2.11%), Vitamin K: 131.02µg (124.78%), Vitamin A: 1671.32IU (33.43%), Manganese: 0.37mg (18.64%), Vitamin C: 9.93mg (12.04%), Copper: 0.18mg (9.07%), Calcium: 66.92mg (6.69%), Iron: 1.12mg (6.21%), Magnesium: 23.69mg (5.92%), Folate: 22.87µg (5.72%), Vitamin B2: 0.07mg (3.95%), Potassium: 114.08mg (3.26%), Vitamin B6: 0.05mg (2.71%), Fiber: 0.56g (2.25%), Phosphorus: 21.78mg (2.18%), Zinc: 0.31mg (2.07%), Vitamin E: 0.28mg (1.89%), Selenium: 1.31µg (1.87%), Vitamin B3: 0.3mg (1.52%), Vitamin B1: 0.02mg (1.09%)