



Canton Ginger Kick



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



60 min.

SERVINGS



6

CALORIES



97 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

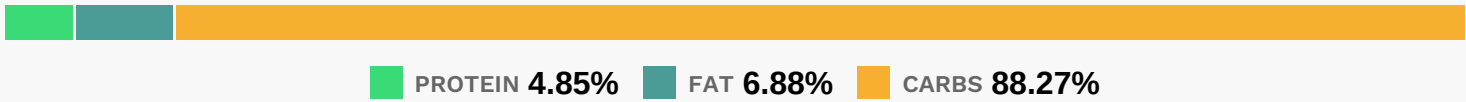
- ☐ 0.5 cup juice of lemon fresh
- ☐ 6 servings lemon wedges store-bought (see recipe at [gourmet.com](https://www.gourmet.com) or use)
- ☐ 1 liter seltzer water chilled
- ☐ 1 cup vodka
- ☐ 0.8 cup frangelico (ginger liqueur)
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Equipment

Directions

- ☐ Stir together ginger syrup, vodka, ginger liqueur, and lemon juice in a pitcher.
- ☐ Divide among 6 (10-ounces) Old Fashioned glasses filled with ice. Top off with soda water. Spear a few slices candied ginger onto each of 6 wooden picks and add to drinks, then garnish with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:0.82434783697776%

Flavonoids

Eriodictyol: 1.21mg, Eriodictyol: 1.21mg, Eriodictyol: 1.21mg, Eriodictyol: 1.21mg Hesperetin: 3.22mg, Hesperetin: 3.22mg, Hesperetin: 3.22mg, Hesperetin: 3.22mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 97.16kcal (4.86%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.41g (0.51%), Sugar: 0.54g (0.6%), Cholesterol: 0mg (0%), Sodium: 35.62mg (1.55%), Alcohol: 13.36g (100%), Alcohol %: 7.43% (100%), Protein: 0.08g (0.16%), Vitamin C: 8.4mg (10.18%), Zinc: 0.18mg (1.18%), Folate: 4.18µg (1.04%)