

Cowgirl Cooler

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN

ready

45 min.

SERVINGS

servings

12

CALORIES

calories

117 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 inch ginger fresh sliced
- ☐ 4.5 cups ginger ale
- ☐ 12 servings ice cubes
- ☐ 1 optional: lemon sliced
- ☐ 12 ounce concentrated lemonade frozen thawed canned
- ☐ 1.5 cups vodka
- ☐ 2 cups water

Equipment

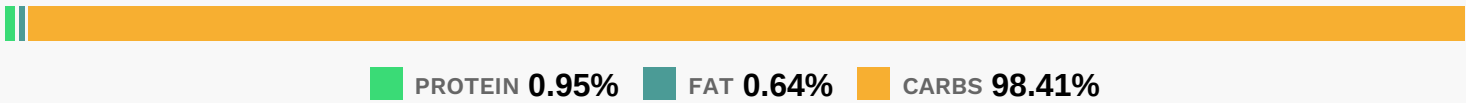
☐

sauce pan

Directions

- ☐ In a small saucepan, bring sliced ginger and water to a boil.
- ☐ Remove from heat and steep for 20 minutes. Strain and reserve liquid.
- ☐ In a large pitcher, stir to combine the lemonade concentrate, ginger water, ginger ale, and vodka.
- ☐ Serve over ice with a slice of lemon.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:7.38, Inflammation Score:-1, Nutrition Score:0.68913042901651%

Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 117.31kcal (5.87%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 12.39g (4.13%), Net Carbohydrates: 12.12g (4.41%), Sugar: 11.48g (12.75%), Cholesterol: 0mg (0%), Sodium: 13.4mg (0.58%), Alcohol: 10.02g (100%), Alcohol %: 5.03% (100%), Protein: 0.12g (0.24%), Vitamin C: 4.83mg (5.85%), Copper: 0.04mg (2.01%), Iron: 0.22mg (1.24%), Fiber: 0.28g (1.1%)