



El Draque



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



5 ounces wine dry white



1 tablespoon ginger fresh chopped



1 serving ice cubes



6 mint leaves



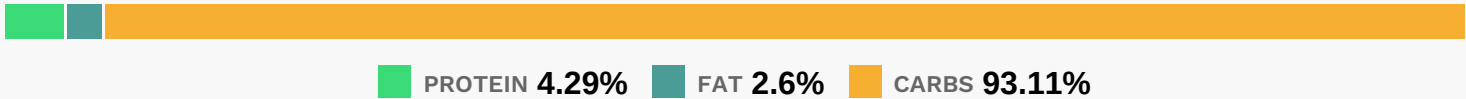
1 teaspoon sugar

Equipment

Directions

- ☐ Muddle ginger and sugar in the bottom of a cocktail shaker.
- ☐ Add mint, ice, and white wine, shake well.
- ☐ Pour into rocks glass unstrained.

Nutrition Facts



Properties

Glycemic Index:100.09, Glycemic Load:3.51, Inflammation Score:-6, Nutrition Score:2.6704347519123%

Flavonoids

Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 141.43kcal (7.07%), Fat: 0.12g (0.19%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 9.81g (3.27%), Net Carbohydrates: 9.19g (3.34%), Sugar: 5.47g (6.08%), Cholesterol: 0mg (0%), Sodium: 12.7mg (0.55%), Alcohol: 14.6g (100%), Alcohol %: 8.62% (100%), Protein: 0.45g (0.9%), Manganese: 0.25mg (12.63%), Magnesium: 22.54mg (5.64%), Vitamin A: 254.88IU (5.1%), Potassium: 163.91mg (4.68%), Vitamin B6: 0.09mg (4.49%), Iron: 0.73mg (4.06%), Phosphorus: 32.27mg (3.23%), Calcium: 30.18mg (3.02%), Vitamin C: 2.26mg (2.74%), Copper: 0.05mg (2.52%), Fiber: 0.62g (2.48%), Vitamin B2: 0.04mg (2.37%), Folate: 9.03µg (2.26%), Zinc: 0.27mg (1.78%), Vitamin B3: 0.31mg (1.54%)