



Fig and Honey Cocktail



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



14

CALORIES



162 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 tbsp figs
- ☐ 2 cups figs fresh rinsed halved
- ☐ 3.5 cups ginger ale
- ☐ 0.3 cup honey to taste ()
- ☐ 14 servings ice cubes
- ☐ 0.5 cup juice of lemon freshly squeezed
- ☐ 1 tbsp sugar
- ☐ 2.3 cups vodka

☐ 2 tsp water filtered

Equipment

☐ blender

☐ skewers

Directions

☐ Save Recipe

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☐ Fig and Honey Cocktail

☐ Fig Puree Ingredients2 cups fresh figs, rinsed and halved1 tbsp sugar2 tsp filtered water 1 tsp freshly squeezed lemon juice Cocktail Ingredients1 ½ tbsp fig puree1/2 tsp honey (or more to taste)2 oz ginger ale1 ½ oz vodka2 tsp freshly squeezed lemon juiceice

☐ To Make A Pitcher of Cocktails, you will need1 1/3 cup fig puree (ingredients and instructions below)1/4 cup honey (or more to taste)28 oz (3 1/2 cups) ginger ale21 oz (2 1/3 cups) vodka 1/2 cup freshly squeezed lemon juice

☐ You will also need

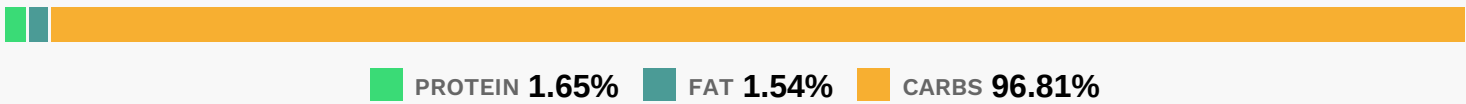
☐ Blender, cocktail shaker, martini glass or sangria pitcher, skewers and fresh figs for garnish

☐ Total Time: 20 Minutes

☐ Servings: About 10 cocktails, or 14 servings in a pitcher

☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:23.03, Glycemic Load:9.97, Inflammation Score:-2, Nutrition Score:1.554347836453%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 1.26mg,

Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 162.26kcal (8.11%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 18.4g (6.13%), Net Carbohydrates: 17.34g (6.31%), Sugar: 17.06g (18.96%), Cholesterol: 0mg (0%), Sodium: 8.06mg (0.35%), Alcohol: 13.36g (100%), Alcohol %: 8.19% (100%), Protein: 0.31g (0.63%), Vitamin C: 4.11mg (4.98%), Fiber: 1.06g (4.26%), Manganese: 0.06mg (2.94%), Potassium: 95.22mg (2.72%), Copper: 0.05mg (2.6%), Vitamin B6: 0.05mg (2.27%), Magnesium: 7.82mg (1.95%), Vitamin B1: 0.03mg (1.69%), Calcium: 16.75mg (1.67%), Vitamin K: 1.66µg (1.58%), Iron: 0.27mg (1.52%), Vitamin B2: 0.02mg (1.43%), Vitamin B5: 0.12mg (1.22%), Vitamin A: 50.77IU (1.02%)