



## Georgia's Delight



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

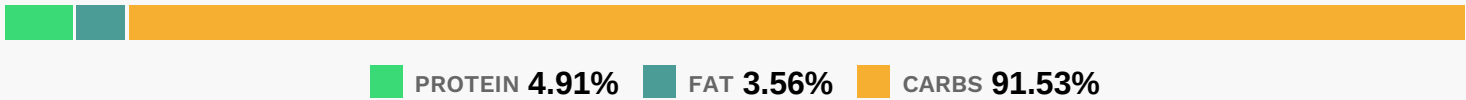
- ☐ 2 sprigs mint leaves fresh for garnish
- ☐ 0.8 ounce canton ginger liqueur
- ☐ 2 slices ginger for garnish
- ☐ 1 serving ice cubes
- ☐ 3 slices lime
- ☐ 1 serving peaches for garnish
- ☐ 1.5 ounces peach rum flavored (recommended: Bacardi)
- ☐ 0.8 ounce simple syrup glaze (equal amounts sugar and water, heated until sugar dissolves; cool)

# Equipment

## Directions

- ☐ In a mixing glass add the ice, mint, limes, ginger and simple syrup. Muddle.
- ☐ Pour into an ice-filled cocktail shaker and add the rum and canton ginger liqueur. Shake and pour over the rocks in a tall glass.
- ☐ Garnish with a peach and ginger slice, and a sprig of mint.

## Nutrition Facts



## Properties

Glycemic Index:117.25, Glycemic Load:5.86, Inflammation Score:-6, Nutrition Score:5.7752173879872%

## Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

## Nutrients (% of daily need)

Calories: 240.94kcal (12.05%), Fat: 0.62g (0.95%), Saturated Fat: 0.09g (0.53%), Carbohydrates: 35.8g (11.93%), Net Carbohydrates: 32.8g (11.93%), Sugar: 28.63g (31.81%), Cholesterol: 0mg (0%), Sodium: 39.02mg (1.7%), Alcohol: 14.2g (100%), Alcohol %: 6% (100%), Protein: 1.92g (3.84%), Fiber: 3g (12%), Vitamin A: 575.46IU (11.51%), Vitamin C: 8.92mg (10.81%), Copper: 0.2mg (10.24%), Potassium: 316.52mg (9.04%), Manganese: 0.18mg (9.04%), Iron: 1.56mg (8.69%), Vitamin E: 1.17mg (7.78%), Vitamin B3: 1.47mg (7.33%), Magnesium: 27.33mg (6.83%), Vitamin B1: 0.08mg (5%), Selenium: 3.49µg (4.98%), Phosphorus: 46.99mg (4.7%), Vitamin B2: 0.08mg (4.44%), Vitamin K: 4.54µg (4.33%), Vitamin B6: 0.08mg (4.11%), Folate: 14.3µg (3.57%), Zinc: 0.52mg (3.46%), Vitamin B5: 0.29mg (2.94%), Calcium: 20.34mg (2.03%)