



Ginger Cranberry Cocktail (Frozen Vodka or Gin)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



237 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 servings splash club soda
- ☐ 1 cup cranberries frozen
- ☐ 2 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 1 cup ginger syrup to taste
- ☐ 4 inch ginger peeled roughly chopped
- ☐ 8 servings ginger shaved
- ☐ 1 juice of lime juiced

- ☐ 0.5 cup sugar
- ☐ 2 cups vodka
- ☐ 1.5 cups water

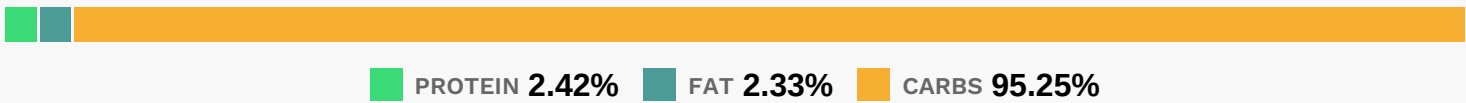
Equipment

- ☐ sauce pan

Directions

- ☐ Place all syrup ingredients in a saucepan and simmer until sugar dissolves and the ginger is infused in the syrup, about 20 minutes. Strain and allow to cool fully before use.
- ☐ For the drink: Crush the frozen cranberries in a large glass pitcher.
- ☐ Add the lime juice and their juiced wedges to the pitcher.
- ☐ Pour in the vodka, cranberry juice, and ginger syrup. Put ice in low-ball glasses and fill glasses about 2/3 full. Top off with club soda and garnish with a shaving of fresh ginger.

Nutrition Facts



Properties

Glycemic Index:28.89, Glycemic Load:13.9, Inflammation Score:-4, Nutrition Score:2.4843478500843%

Flavonoids

Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg, Cyanidin: 5.8mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 236.51kcal (11.83%), Fat: 0.27g (0.42%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 25.09g (8.36%), Net Carbohydrates: 24.21g (8.81%), Sugar: 21.02g (23.36%), Cholesterol: 0mg (0%), Sodium: 7.02mg (0.31%), Alcohol: 20.04g (100%), Alcohol %: 11.82% (100%), Protein: 0.64g (1.28%), Vitamin C: 9.63mg (11.68%), Vitamin E: 0.98mg (6.52%), Copper: 0.1mg (4.82%), Manganese: 0.09mg (4.31%), Potassium: 136.59mg (3.9%), Vitamin K: 3.89µg (3.71%), Fiber: 0.88g (3.51%), Vitamin B6: 0.07mg (3.47%), Magnesium: 12.82mg (3.21%), Phosphorus: 19.07mg (1.91%), Iron: 0.31mg (1.71%), Vitamin B2: 0.03mg (1.59%), Calcium: 10.89mg (1.09%), Vitamin B3: 0.21mg (1.03%), Vitamin B1: 0.02mg (1.03%)