



Ginger Kiss Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



157 kcal

BEVERAGE

DRINK

Ingredients

- 1 slice ginger root fresh thin
- 2 slices ginger root fresh
- 1.5 fluid ounces hendrick's gin
- 1 sliver habanero pepper very thin
- 1 cup ice cubes
- 0.8 fluid ounce juice of lime
- 0.5 fluid ounce simple syrup glaze

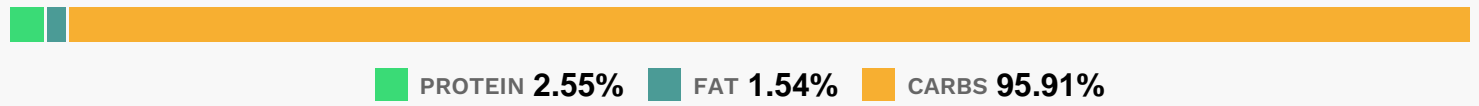
Equipment

- sieve
- toothpicks

Directions

- Muddle habanero pepper slice and 2 slices fresh ginger together in a cocktail shaker until pulverized, about 20 seconds.
- Add gin, lime juice, simple syrup, and ice. Cover and shake until well chilled. Strain with a fine mesh strainer into a cocktail glass.
- Garnish with a thin slice of ginger on a toothpick.

Nutrition Facts



Properties

Glycemic Index:90, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:2.6756522111271%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.99mg, Hesperetin: 1.99mg, Hesperetin: 1.99mg, Hesperetin: 1.99mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 156.58kcal (7.83%), Fat: 0.1g (0.16%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 14.63g (4.88%), Net Carbohydrates: 14.27g (5.19%), Sugar: 11.83g (13.14%), Cholesterol: 0mg (0%), Sodium: 22.97mg (1%), Alcohol: 14.81g (100%), Alcohol %: 5.62% (100%), Protein: 0.39g (0.78%), Vitamin C: 21.32mg (25.85%), Copper: 0.08mg (4.13%), Iron: 0.71mg (3.94%), Vitamin B6: 0.07mg (3.45%), Potassium: 93.25mg (2.66%), Magnesium: 10.5mg (2.62%), Vitamin B1: 0.04mg (2.41%), Manganese: 0.04mg (2.22%), Vitamin A: 106.29IU (2.13%), Vitamin K: 1.54µg (1.47%), Vitamin B2: 0.02mg (1.45%), Calcium: 14.48mg (1.45%), Fiber: 0.36g (1.43%), Folate: 5.18µg (1.29%), Phosphorus: 12.4mg (1.24%), Vitamin B3: 0.22mg (1.11%)