



Ginger O



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



3 min.

SERVINGS



1

CALORIES



222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 slices ginger fresh for garnish 1 1/2 by 1-inch
- ☐ 1 serving ice cubes
- ☐ 1 ounce juice of lime fresh
- ☐ 1 slice cranberry-orange relish
- ☐ 2 ounces pomegranate juice
- ☐ 0.8 ounce rum
- ☐ 0.8 ounce rum orange-flavored
- ☐ 1 ounce simple syrup glaze equal amounts sugar and water heated until sugar dissolves; cool

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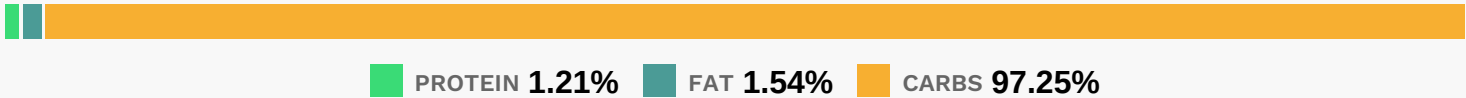
1 serving splash soda water

Equipment

Directions

- ☐ Muddle the ginger and the orange in a glass with some ice.
- ☐ Add the remaining ingredients and strain into a glass filled with ice.
- ☐ Garnish with ginger slices and serve.

Nutrition Facts



Properties

Glycemic Index:87.5, Glycemic Load:0.65, Inflammation Score:-3, Nutrition Score:3.3708695691565%

Flavonoids

Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 6.36mg, Hesperetin: 6.36mg, Hesperetin: 6.36mg, Hesperetin: 6.36mg Naringenin: 2.25mg, Naringenin: 2.25mg, Naringenin: 2.25mg, Naringenin: 2.25mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 221.98kcal (11.1%), Fat: 0.23g (0.36%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 32.91g (10.97%), Net Carbohydrates: 32.33g (11.75%), Sugar: 29.75g (33.06%), Cholesterol: 0mg (0%), Sodium: 26.07mg (1.13%), Alcohol: 14.2g (100%), Alcohol %: 7.8% (100%), Protein: 0.41g (0.82%), Vitamin C: 16.21mg (19.65%), Iron: 1.16mg (6.43%), Potassium: 215.18mg (6.15%), Vitamin K: 6.07µg (5.78%), Folate: 21.08µg (5.27%), Vitamin B1: 0.07mg (4.55%), Manganese: 0.08mg (3.96%), Magnesium: 12.76mg (3.19%), Copper: 0.06mg (2.93%), Vitamin B6: 0.05mg (2.43%), Vitamin B5: 0.24mg (2.4%), Fiber: 0.59g (2.34%), Vitamin B2: 0.04mg (2.26%), Calcium: 21.86mg (2.19%), Vitamin E: 0.31mg (2.09%), Phosphorus: 17.49mg (1.75%), Vitamin B3: 0.28mg (1.38%), Zinc: 0.17mg (1.16%)