



Ginger Slushy with Vodka



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



130 min.

SERVINGS



4

CALORIES



297 kcal

DESSERT

Ingredients



4 inch ginger fresh peeled coarsely chopped



3 tablespoons ginger liqueur such as domaine de canton



4 servings ice cubes crushed



1 cup juice of lime fresh



2 lime zest



1 cup sugar



0.5 cup vodka cold

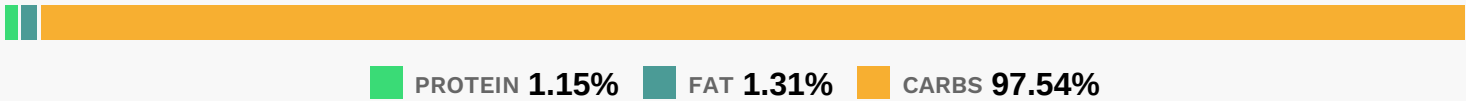
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring the sugar, 1 cup water and ginger to a boil in a medium saucepan and cook until the sugar has melted.
- ☐ Transfer to a glass bowl or measuring cup, cover and refrigerate until cold, at least 2 hours and up to 24 hours.
- ☐ Put the juice, zest, 1/4 cup ginger simple syrup, ginger liqueur and vodka in a blender and blend until combined. Taste for sweetness, adding more simple syrup if needed.
- ☐ Add a few cups of ice and blend until slushy, adding more ice as needed.
- ☐ Serve in a pitcher.

Nutrition Facts



Properties

Glycemic Index:36.77, Glycemic Load:36.02, Inflammation Score:-3, Nutrition Score:3.3356522140296%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 19.83mg, Hesperetin: 19.83mg, Hesperetin: 19.83mg, Hesperetin: 19.83mg Naringenin: 1.37mg, Naringenin: 1.37mg, Naringenin: 1.37mg, Naringenin: 1.37mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 296.77kcal (14.84%), Fat: 0.36g (0.56%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 60.59g (20.2%), Net Carbohydrates: 59.16g (21.51%), Sugar: 51.7g (57.44%), Cholesterol: 0mg (0%), Sodium: 4.32mg (0.19%), Alcohol: 10.02g (100%), Alcohol %: 6.78% (100%), Protein: 0.71g (1.42%), Vitamin C: 28.51mg (34.56%), Fiber: 1.42g (5.7%), Potassium: 157.09mg (4.49%), Copper: 0.07mg (3.62%), Magnesium: 12.13mg (3.03%), Vitamin B6: 0.06mg (2.85%), Folate: 10.08µg (2.52%), Calcium: 22.01mg (2.2%), Manganese: 0.04mg (2.18%), Phosphorus: 20.17mg (2.02%), Vitamin B1: 0.03mg (1.98%), Iron: 0.36mg (1.98%), Vitamin B2: 0.03mg (1.86%), Vitamin B5: 0.17mg (1.72%),

Vitamin E: 0.24mg (1.59%), Vitamin B3: 0.24mg (1.22%)