



Gingered Pomegranate Cosmo

 **Gluten Free**  **Dairy Free**

READY IN



3 min.

SERVINGS



1

CALORIES



303 kcal

BEVERAGE

DRINK

Ingredients

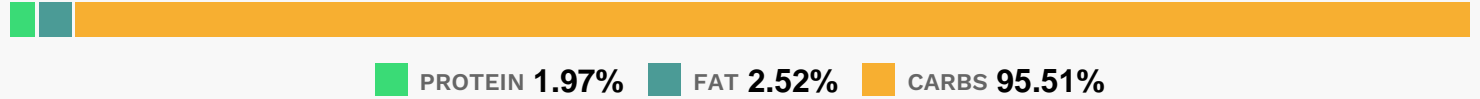
- 1 serving candied ginger for garnish
- 1 ounce ginger ale
- 1 lime
- 1.5 ounces orange liqueur (recommended: Cointreau)
- 0.5 ounce pomegranate juice
- 2 ounces vodka

Equipment

Directions

- Fill a cocktail shaker with ice and add the vodka, orange liqueur, ginger ale, pomegranate juice, and squeeze of lime. Shake well (until ice crystals form) and pour into a chilled martini glass.
- Garnish with candied ginger.

Nutrition Facts



Properties

Glycemic Index:110, Glycemic Load:3.22, Inflammation Score:-5, Nutrition Score:2.773913031039%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 302.55kcal (15.13%), Fat: 0.3g (0.47%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 25.86g (8.62%), Net Carbohydrates: 23.97g (8.71%), Sugar: 19.89g (22.1%), Cholesterol: 0mg (0%), Sodium: 8.72mg (0.38%), Alcohol: 29.99g (100%), Alcohol %: 18.12% (100%), Caffeine: 11.06mg (3.69%), Protein: 0.53g (1.07%), Vitamin C: 19.51mg (23.65%), Fiber: 1.89g (7.56%), Copper: 0.07mg (3.72%), Potassium: 112.28mg (3.21%), Iron: 0.5mg (2.77%), Calcium: 24.94mg (2.49%), Folate: 8.76µg (2.19%), Phosphorus: 19.01mg (1.9%), Vitamin B5: 0.19mg (1.86%), Vitamin K: 1.88µg (1.79%), Vitamin B1: 0.03mg (1.78%), Vitamin B6: 0.03mg (1.72%), Magnesium: 6.57mg (1.64%), Manganese: 0.03mg (1.49%), Vitamin B2: 0.02mg (1.45%), Vitamin E: 0.2mg (1.34%), Vitamin B3: 0.23mg (1.14%)