

Glasgow Mule

 Dairy Free

READY IN



2 min.

SERVINGS



1

CALORIES



242 kcal

BEVERAGE

DRINK

Ingredients

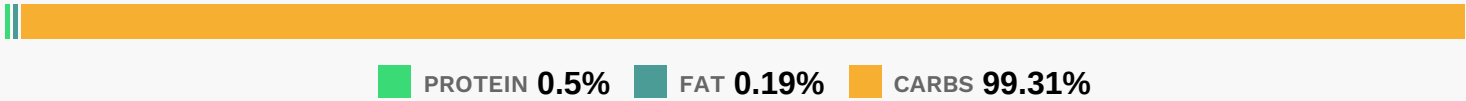
- ☐ 1 dash angostura bitters
- ☐ 0.5 ounce st. germain
- ☐ 4 ounce prepare as
- ☐ 0.8 ounce juice of lime freshly squeezed
- ☐ 2 ounce blended scotch whisky

Equipment

Directions

- ☐
- Fill a copper mug or Collins glass with medium ice cubes.
- ☐
- Add Scotch, lime juice, elderflower liqueur and bitters. Top with ginger beer; stir gently with a long handled bar spoon to mix.

Nutrition Facts



Properties

Glycemic Index:78, Glycemic Load:6.27, Inflammation Score:-3, Nutrition Score:0.80739130047352%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg 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: 241.88kcal (12.09%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 17.74g (5.91%), Net Carbohydrates: 17.66g (6.42%), Sugar: 16.09g (17.87%), Cholesterol: 0mg (0%), Sodium: 8.36mg (0.36%), Alcohol: 20.86g (100%), Alcohol %: 12.8% (100%), Protein: 0.09g (0.18%), Vitamin C: 6.38mg (7.73%), Copper: 0.03mg (1.7%), Iron: 0.23mg (1.3%), Manganese: 0.02mg (1.16%)