

John's

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

5 min.

SERVINGS

servings

1

CALORIES

calories

213 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

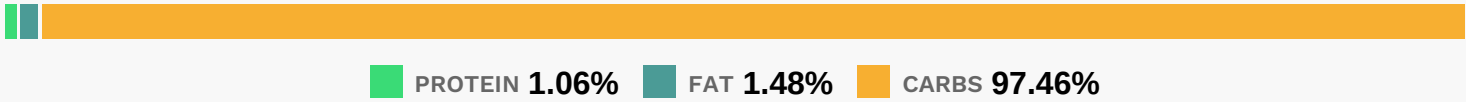
- ☐ 1 ounce agave syrup light
- ☐ 1.5 ounces hendrick's gin
- ☐ 2 ounces prepare as
- ☐ 1 serving ice cubes
- ☐ 0.5 juice of lime
- ☐ 6 to 8 mint leaves

Equipment

Directions

- ☐ Special equipment: Copper Moscow Mule mug
- ☐ Fill a cocktail glass (preferably a copper Moscow mule mug) with ice.
- ☐ Muddle the mint leaves in the bottom of a cocktail shaker.
- ☐ Add the gin, agave and lime juice. Shake well. Strain into prepared cocktail glass, and top with the ginger beer.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:93, Glycemic Load:6.37, Inflammation Score:-4, Nutrition Score:2.8004347630169%

Flavonoids

Eriodictyol: 2.18mg, Eriodictyol: 2.18mg, Eriodictyol: 2.18mg, Eriodictyol: 2.18mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 213.34kcal (10.67%), Fat: 0.19g (0.3%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 28.78g (9.59%), Net Carbohydrates: 28.19g (10.25%), Sugar: 24.58g (27.31%), Cholesterol: 0mg (0%), Sodium: 10.49mg (0.46%), Alcohol: 14.2g (100%), Alcohol %: 8.8% (100%), Protein: 0.31g (0.63%), Vitamin C: 11.23mg (13.61%), Vitamin K: 6.47µg (6.16%), Vitamin A: 262.38IU (5.25%), Manganese: 0.09mg (4.49%), Folate: 16.84µg (4.21%), Vitamin B6: 0.08mg (4.01%), Vitamin B2: 0.07mg (3.92%), Vitamin B1: 0.05mg (3.05%), Copper: 0.05mg (2.72%), Iron: 0.46mg (2.57%), Fiber: 0.6g (2.39%), Vitamin E: 0.31mg (2.07%), Calcium: 20.34mg (2.03%), Magnesium: 7.41mg (1.85%), Vitamin B3: 0.32mg (1.62%), Potassium: 54.24mg (1.55%)