



Kale Ginger Daiquiri

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



360 min.

SERVINGS



1

CALORIES



934 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup ginger fresh peeled roughly chopped
- 0.8 ounce ginger
- 0.5 ounce kale fresh (see note above)
- 0.8 ounce juice of lime fresh
- 1.5 ounces rum white
- 1 cup sugar
- 1 cup water

Equipment

sauce pan

Directions

- Combine the sugar, water, and chopped ginger in a small saucepan over high heat, stirring frequently. Bring to a boil then reduce heat to a simmer for 5 minutes. After 5 minutes, remove from heat and let cool to room temperature. Strain to remove the ginger and refrigerate until cool.
- For the Kale Ginger Daiquiri: Fill a cocktail shaker with ice and add rum, lime juice, ginger simple syrup, and kale juice. Shake until well chilled, about 20 seconds. Strain into chilled coupe glass and serve immediately.

Nutrition Facts

PROTEIN 0.81% **FAT 1.42%** **CARBS 97.77%**

Properties

Glycemic Index:147.09, Glycemic Load:141.27, Inflammation Score:-8, Nutrition Score:9.1495652509772%

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 Isorhamnetin: 3.35mg, Isorhamnetin: 3.35mg, Isorhamnetin: 3.35mg, Isorhamnetin: 3.35mg Kaempferol: 6.63mg, Kaempferol: 6.63mg, Kaempferol: 6.63mg, Kaempferol: 6.63mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg

Nutrients (% of daily need)

Calories: 933.92kcal (46.7%), Fat: 1.39g (2.13%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 213.92g (71.31%), Net Carbohydrates: 211.87g (77.04%), Sugar: 201.25g (223.61%), Cholesterol: 0mg (0%), Sodium: 31.2mg (1.36%), Alcohol: 14.2g (100%), Alcohol %: 3.08% (100%), Protein: 1.76g (3.53%), Vitamin K: 55.48µg (52.84%), Vitamin A: 1426.69IU (28.53%), Vitamin C: 23.08mg (27.98%), Manganese: 0.27mg (13.58%), Copper: 0.23mg (11.53%), Potassium: 366.49mg (10.47%), Magnesium: 38.53mg (9.63%), Fiber: 2.05g (8.21%), Vitamin B6: 0.14mg (7.01%), Vitamin B2: 0.12mg (6.8%), Calcium: 59.16mg (5.92%), Folate: 18.53µg (4.63%), Iron: 0.78mg (4.33%), Vitamin B3: 0.72mg (3.61%), Phosphorus: 36.02mg (3.6%), Vitamin B1: 0.04mg (2.75%), Selenium: 1.83µg (2.62%), Zinc: 0.37mg (2.46%), Vitamin E: 0.32mg (2.14%), Vitamin B5: 0.18mg (1.8%)