



Light and Drizzly

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



25 min.

SERVINGS



1

CALORIES



1852 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup allspice
- 0.5 ounce allspice
- 6 peppercorns black
- 0.8 teaspoon ground pepper
- 1 cinnamon sticks
- 13 grams citric acid
- 450 grams ginger fresh peeled
- 1 ounce ginger

- 1 ounce lime fresh
- 0.5 grating nutmeg whole
- 300 grams sugar
- 28 grams vodka
- 500 grams water

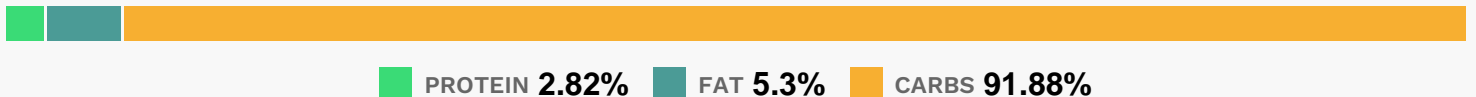
Equipment

- bowl
- sieve
- blender
- cheesecloth

Directions

- To make spicy ginger syrup: If you're going to include the alcoholic tincture, combine the cayenne pepper and vodka for 5 minutes. Strain out the cayenne pepper, or just let the solids sink to the bottom of the bowl. Slice peeled ginger in centimeter-long slices and simmer in 475 grams of water for 20 minutes. Strain out the ginger solids.
- Add sugar and citric acid and stir until dissolved. If you're using the spicy tincture, add 3/4 teaspoon of the tincture to your ginger syrup. Adjust to taste. Store extra syrup sealed in the refrigerator, about 1 week.
- Combine allspice, peppercorns, cloves, cinnamon, nutmeg, and 500 grams water in blender and blend on low speed for five minutes. Strain through a fine mesh strainer lined with cheesecloth.
- Combine with sugar and let rest to create the syrup. Store extra syrup sealed in the refrigerator, about 1 week.
- Add ginger syrup, allspice syrup, and lime juice to a cocktail shaker filled with ice. Shake until well-chilled, about 10 seconds. Strain into an ice-filled rocks glass. Top with seltzer water.

Nutrition Facts



Properties

Glycemic Index:316.09, Glycemic Load:227.15, Inflammation Score:-10, Nutrition Score:36.962608928266%

Flavonoids

Hesperetin: 12.19mg, Hesperetin: 12.19mg, Hesperetin: 12.19mg, Hesperetin: 12.19mg Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 1851.97kcal (92.6%), Fat: 11.3g (17.39%), Saturated Fat: 3.07g (19.19%), Carbohydrates: 441.21g (147.07%), Net Carbohydrates: 413.29g (150.29%), Sugar: 308.53g (342.81%), Cholesterol: 0mg (0%), Sodium: 145.38mg (6.32%), Alcohol: 9.35g (100%), Alcohol %: 0.83% (100%), Protein: 13.56g (27.12%), Manganese: 3.89mg (194.62%), Fiber: 27.93g (111.72%), Copper: 1.62mg (81.08%), Potassium: 2799.3mg (79.98%), Magnesium: 313.01mg (78.25%), Vitamin C: 60.59mg (73.45%), Calcium: 602.92mg (60.29%), Vitamin B6: 0.97mg (48.42%), Iron: 8.57mg (47.63%), Vitamin B3: 5.82mg (29.1%), Phosphorus: 257.02mg (25.7%), Folate: 82.45µg (20.61%), Vitamin A: 1026.5IU (20.53%), Zinc: 2.57mg (17.11%), Vitamin B2: 0.29mg (16.92%), Vitamin B1: 0.21mg (13.94%), Vitamin E: 1.84mg (12.27%), Selenium: 7.42µg (10.59%), Vitamin B5: 1.05mg (10.53%), Vitamin K: 3.93µg (3.74%)