

Minty Sake

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



113 kcal

BEVERAGE

DRINK

Ingredients

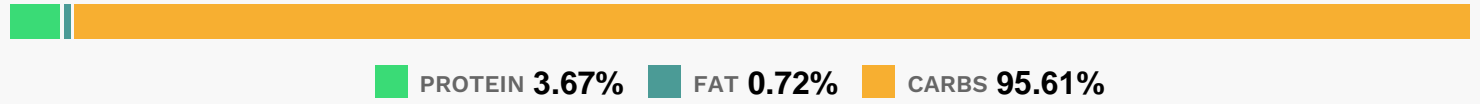
- 0.5 teaspoon ginger fresh finely grated
- 1 serving mint leaves
- 2 mint leaves
- 2 ounces pear nectar chilled (such as Goya brand)
- 2 ounces rice wine chilled (rice wine)

Equipment

Directions

- Combine 2 mint sprigs and ginger in a chilled rocks glass; mash well. Fill glass with ice.
- Add chilled sake and chilled pear nectar; stir well.
- Garnish with a mint sprig; serve immediately.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:1.1469565247712%

Flavonoids

Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg

Nutrients (% of daily need)

Calories: 112.9kcal (5.64%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 12.42g (4.14%), Net Carbohydrates: 11.82g (4.3%), Sugar: 8.64g (9.59%), Cholesterol: 0mg (0%), Sodium: 4.46mg (0.19%), Alcohol: 9.13g (100%), Alcohol %: 9.86% (100%), Protein: 0.48g (0.95%), Copper: 0.06mg (2.76%), Manganese: 0.05mg (2.73%), Vitamin A: 128.01IU (2.56%), Fiber: 0.6g (2.4%), Iron: 0.36mg (2.01%), Magnesium: 7.93mg (1.98%), Vitamin C: 1.63mg (1.97%), Calcium: 13.12mg (1.31%), Potassium: 42.77mg (1.22%), Selenium: 0.8µg (1.14%), Folate: 4.1µg (1.02%)