



## Moscow Mule



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients



1 lime



2 ounces vodka



4 ounces frangelico homemade



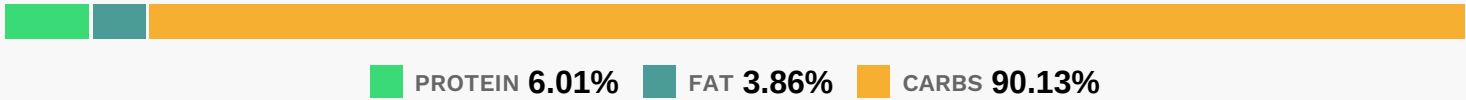
4 ounces frangelico homemade

## Equipment

## Directions

- ☐
- Squeeze lime into Collins glass (or copper mug) and drop in half lime.
- ☐
- Add 2 or 3 large ice cubes, then pour in the vodka and fill with cold ginger beer.
- ☐
- Serve with a stirring rod.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:1.65, Inflammation Score:-4, Nutrition Score:2.3104347573674%

Flavonoids

Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 151.07kcal (7.55%), Fat: 0.13g (0.21%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 7.03g (2.35%), Net Carbohydrates: 5.16g (1.88%), Sugar: 1.13g (1.26%), Cholesterol: 0mg (0%), Sodium: 1.91mg (0.08%), Alcohol: 18.94g (100%), Alcohol %: 19.4% (100%), Protein: 0.47g (0.94%), Vitamin C: 19.5mg (23.63%), Fiber: 1.88g (7.5%), Copper: 0.05mg (2.46%), Iron: 0.41mg (2.26%), Calcium: 22.11mg (2.21%), Potassium: 68.91mg (1.97%), Vitamin B1: 0.02mg (1.53%), Phosphorus: 14.9mg (1.49%), Vitamin B5: 0.15mg (1.45%), Vitamin B6: 0.03mg (1.44%), Folate: 5.36µg (1.34%), Vitamin B2: 0.02mg (1.02%)