

Moscow Mule



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



255 kcal

BEVERAGE

DRINK

Ingredients



5 ounce prepare as



0.5 lime



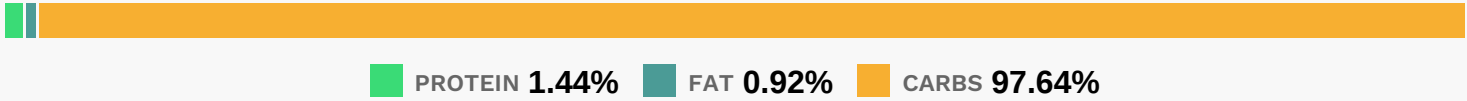
3 ounce vodka

Equipment

Directions

- ☐
- Squeeze the lime of all its juice into a Collins glass (or copper Moscow Mule mug) then drop in the spent rind.
- ☐
- Add ice cubes halfway up the glass and pour in the vodka over them. Fill with cold ginger beer. Stir.

Nutrition Facts



Properties

Glycemic Index:110, Glycemic Load:8.65, Inflammation Score:-3, Nutrition Score:1.4234782405522%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 254.71kcal (12.74%), Fat: 0.07g (0.1%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 15.93g (5.31%), Net Carbohydrates: 15g (5.45%), Sugar: 13.18g (14.65%), Cholesterol: 0mg (0%), Sodium: 11.44mg (0.5%), Alcohol: 28.41g (100%), Alcohol %: 13.83% (100%), Protein: 0.23g (0.47%), Vitamin C: 9.75mg (11.82%), Fiber: 0.94g (3.75%), Copper: 0.06mg (2.79%), Iron: 0.46mg (2.58%), Calcium: 15.31mg (1.53%), Manganese: 0.02mg (1.06%), Potassium: 36.44mg (1.04%), Phosphorus: 10.28mg (1.03%)