



Moscow Mule Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



6

CALORIES



423 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 piece ginger fresh peeled chopped
- ☐ 2 large bunches mint leaves fresh
- ☐ 1 sprigs garnish: mint lemon fresh
- ☐ 2 cups seltzer water
- ☐ 1 cup sugar
- ☐ 750 milliliter vodka

Equipment

- ☐ frying pan

- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ Watch how to make this recipe.
- ☐ For each cocktail, fill a cocktail shaker with 1/4 cup of ice.
- ☐ Add 1/4 cup Mint-Flavored Vodka, 1/4 cup Ginger Syrup and 1/3 cup sparkling water. Shake and pour into a tall glass or flute.
- ☐ Garnish with fresh mint sprigs, lemon slices and lime slices just before serving.
- ☐ Place the mint in a 2-quart pitcher.
- ☐ Pour the vodka over the mint and cover with plastic wrap. Allow the mixture to stand for at least 3 days at room temperature.
- ☐ In a small saucepan, combine the sugar, 1 cup water and the ginger over medium heat. Bring to a boil, reduce the heat, and simmer for 5 minutes, stirring occasionally, until the sugar has dissolved.
- ☐ Remove the pan from the heat and allow the syrup to cool, about 20 minutes. Strain before using.

Nutrition Facts



Properties

Glycemic Index:16.68, Glycemic Load:23.3, Inflammation Score:-4, Nutrition Score:0.34347825902312%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 422.53kcal (21.13%), Fat: 0.12g (0.18%), Saturated Fat: 0g (0.02%), Carbohydrates: 33.48g (11.16%), Net Carbohydrates: 33.42g (12.15%), Sugar: 33.29g (36.99%), Cholesterol: 0mg (0%), Sodium: 18.47mg (0.8%), Alcohol: 42.35g (100%), Alcohol %: 22.3% (100%), Protein: 0.04g (0.08%), Copper: 0.02mg (1.2%)