



Mother of All Dragons Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

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READY IN

ready

5 min.

SERVINGS

servings

1

CALORIES

calories

161 kcal

SIDE DISH

Ingredients

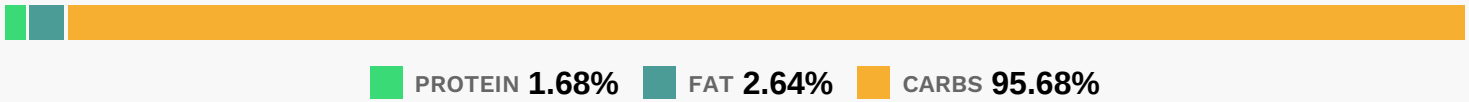
- ☐ 4 ounces 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 1 serving ground pepper black finely
- ☐ 1 serving ice cubes
- ☐ 0.5 juice of lime for garnish plus a slice
- ☐ 1 ounce simple syrup glaze
- ☐ 2 ounces berry vodka such as ciroc berry vodka

Equipment

Directions

- ☐
- Watch how to make this recipe.
- ☐
- Pour the cranberry juice, vodka, simple syrup and lime juice into a cocktail shaker filled with ice. Shake or stir and strain into a martini glass. Float a pinch of black pepper on top of cocktail and garnish with a lime slice.

Nutrition Facts



Properties

Glycemic Index:88, Glycemic Load:7.7, Inflammation Score:-3, Nutrition Score:4.5608695123507%

Flavonoids

Cyanidin: 2.47mg, Cyanidin: 2.47mg, Cyanidin: 2.47mg, Cyanidin: 2.47mg Petunidin: 10.3mg, Petunidin: 10.3mg, Petunidin: 10.3mg, Petunidin: 10.3mg Delphinidin: 12.24mg, Delphinidin: 12.24mg, Delphinidin: 12.24mg, Delphinidin: 12.24mg Malvidin: 28.15mg, Malvidin: 28.15mg, Malvidin: 28.15mg, Malvidin: 28.15mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg, Peonidin: 0.27mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg, Myricetin: 1mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 161.34kcal (8.07%), Fat: 0.52g (0.81%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 42.81g (14.27%), Net Carbohydrates: 41.08g (14.94%), Sugar: 39.52g (43.91%), Cholesterol: 0mg (0%), Sodium: 22.4mg (0.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.51%), Vitamin C: 16.46mg (19.96%), Vitamin K: 15.34µg (14.61%), Vitamin E: 1.67mg (11.11%), Iron: 1.43mg (7.94%), Fiber: 1.73g (6.92%), Copper: 0.1mg (5.05%), Manganese: 0.1mg (4.94%), Vitamin B6: 0.1mg (4.92%), Vitamin B1: 0.07mg (4.6%), Potassium: 154.67mg (4.42%), Magnesium: 14.4mg (3.6%), Vitamin B2: 0.06mg (3.58%), Phosphorus: 25.5mg (2.55%), Vitamin B3: 0.45mg (2.24%), Calcium: 21.52mg (2.15%), Vitamin A: 85.16IU (1.7%), Folate: 6.62µg (1.65%), Zinc: 0.23mg (1.5%)