



Parkside Fizz



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

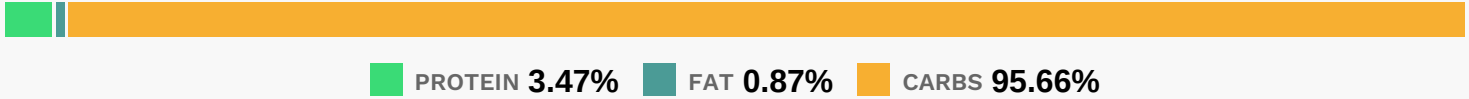
- ☐ 1.5 cups seltzer water
- ☐ 0.5 cup juice of lemon fresh
- ☐ 6 large mint leaves
- ☐ 5 tablespoons karo syrup (almond; such as Monin)
- ☐ 1.5 cups vodka (such as Hangar One Buddha's Hand Citron or Absolut Citron)

Equipment

Directions

- ☐ Strip bottom leaves offmint sprigs, leaving 4–5leaves on top. Trim sprigs,leaving about a 2" stemattached to leaves; reservefor garnish.
- ☐ Place leavesin a medium pitcher.
- ☐ Add orgeat to pitcher.Using a muddler, gentlymash mint leaves (do nottear).
- ☐ Add vodka and letsteep for 5 minutes. Stirin lemon juice. Strain andreturn to pitcher.
- ☐ Fill 3 Old Fashionedglasses with ice cubes.
- ☐ Pour half of mixture intoa cocktail shaker. Fill withice; shake vigorously for10 seconds. Strain intoprepared glasses. Top eachwith 1/4 cup club soda.Discard ice in shaker andrepeat to make 3 morecocktails.
- ☐ Place 1 reservedmint sprig between palmsand clap to release aroma;garnish 1 cocktail. Repeatwith remaining mintsprigs.
- ☐ Serve with straws.
- ☐ Omit the vodka, double theorgeat, and triple the soda.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:0.93043478602624%

Flavonoids

Eriodictyol: 1.3mg, Eriodictyol: 1.3mg, Eriodictyol: 1.3mg, Eriodictyol: 1.3mg Hesperetin: 3.04mg, Hesperetin: 3.04mg, Hesperetin: 3.04mg, Hesperetin: 3.04mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 189.62kcal (9.48%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 14.47g (4.82%), Net Carbohydrates: 14.33g (5.21%), Sugar: 10.93g (12.14%), Cholesterol: 0mg (0%), Sodium: 25.96mg (1.13%), Alcohol: 20.04g (100%), Alcohol %: 16.08% (100%), Protein: 0.53g (1.05%), Vitamin C: 8.19mg (9.92%), Calcium: 18.27mg (1.83%), Folate: 5.21µg (1.3%)