



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 off mint sprigs, leaving 4–5 leaves on top. Trim sprigs, leaving about a 2" stem attached to leaves; reserve for garnish.
- Place leaves in a medium pitcher.
- Add orange to pitcher. Using a muddler, gently mash mint leaves (do not tear).
- Add vodka and let steep for 5 minutes. Stir in lemon juice. Strain and return to pitcher.
- Fill 3 Old Fashioned glasses with ice cubes.
- Pour half of mixture into a cocktail shaker. Fill with ice; shake vigorously for 10 seconds. Strain into prepared glasses. Top each with 1/4 cup club soda. Discard ice in shaker and repeat to make 3 more cocktails.
- Place 1 reserved mint sprig between palms and clap to release aroma; garnish 1 cocktail. Repeat with remaining mint sprigs.
- Serve with straws.
- Omit the vodka, double the orange, and triple the soda.

Nutrition Facts

PROTEIN 3.47% **FAT 0.87%** **CARBS 95.66%**

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%)