

## Peppermint Cosmo



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

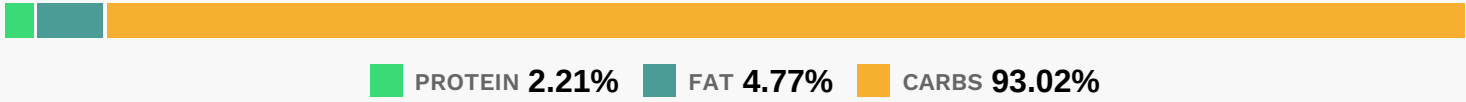
- ☐ 8 candy canes mini
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 8 ice cubes
- ☐ 1 juice of lime
- ☐ 0.3 teaspoon peppermint extract
- ☐ 1 cup pomegranate juice
- ☐ 4 ounces vodka

## Equipment

# Directions

- ☐ Combine juices, vodka, peppermint and 1/2 cup water in a shaker with ice. Shake vigorously and strain into 8 shot glasses.
- ☐ Garnish with candy canes and mint.
- ☐ Self

# Nutrition Facts



# Properties

Glycemic Index:1.88, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.93999999308068%

# Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

# Nutrients (% of daily need)

Calories: 51.72kcal (2.59%), Fat: 0.1g (0.16%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 4.6g (1.53%), Net Carbohydrates: 4.45g (1.62%), Sugar: 4g (4.45%), Cholesterol: 0mg (0%), Sodium: 4.12mg (0.18%), Alcohol: 4.78g (100%), Alcohol %: 7.72% (100%), Protein: 0.11g (0.22%), Vitamin K: 3.26µg (3.1%), Folate: 9.27µg (2.32%), Manganese: 0.05mg (2.26%), Potassium: 78.43mg (2.24%), Vitamin C: 1.55mg (1.88%), Vitamin A: 54.97IU (1.1%)