



Pineapple Ginger Muddle



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



95 kcal

SIDE DISH

Ingredients

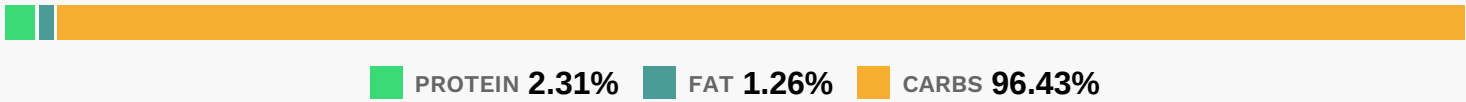
- ☐ 4 slices ginger fresh thin
- ☐ 1 cup prepare as chilled
- ☐ 2 tablespoons juice of lime
- ☐ 0.7 cup pineapple chunks fresh
- ☐ 2 servings thyme sprigs for garnish
- ☐ 6 tablespoons frangelico
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Equipment

Directions

- ☐ Combine pineapple, ginger, thyme leaves if using, and ice in a cocktail shaker; muddle until pineapple is a chunky pulp.
- ☐ Add pisco and lime juice. Shake and pour (without straining) into 2 tall glasses. Top each with about 1/2 cup chilled ginger beer and garnish each with a thyme sprig.

Nutrition Facts



Properties

Glycemic Index:61.5, Glycemic Load:6.65, Inflammation Score:-7, Nutrition Score:2.8069565607154%

Flavonoids

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: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 95.4kcal (4.77%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 24.83g (8.28%), Net Carbohydrates: 23.52g (8.55%), Sugar: 22.07g (24.52%), Cholesterol: 0mg (0%), Sodium: 9.96mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.59g (1.19%), Vitamin C: 13.71mg (16.62%), Copper: 0.12mg (6.21%), Vitamin B1: 0.09mg (5.71%), Fiber: 1.31g (5.22%), Magnesium: 17.53mg (4.38%), Potassium: 139.21mg (3.98%), Vitamin B6: 0.07mg (3.74%), Iron: 0.65mg (3.58%), Calcium: 22.95mg (2.29%), Manganese: 0.04mg (2.22%), Vitamin A: 94.44IU (1.89%), Folate: 6.33µg (1.58%), Vitamin B3: 0.29mg (1.47%), Vitamin B2: 0.02mg (1.46%), Zinc: 0.18mg (1.21%)