



Pumpernickel Highball



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



1

CALORIES



572 kcal

Ingredients

- ☐ 2 tablespoons caraway seeds
- ☐ 4 ounces seltzer water
- ☐ 1 serving cucumber
- ☐ 1 serving ice cubes
- ☐ 2 ounces irish whiskey (such as Bulleit)
- ☐ 0.3 teaspoon simple syrup glaze
- ☐ 0.5 cup sugar
- ☐ 0.5 cup water

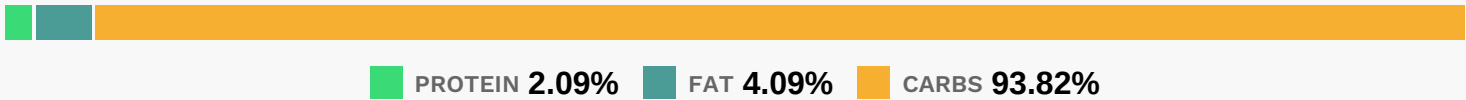
Equipment

☐ sauce pan

Directions

- ☐ For the Caraway Simple Syrup: In a small saucepan, simmer the water, sugar and caraway seeds together over medium heat for 10 minutes, stirring.
- ☐ Add more water if the syrup gets too thick to stir easily.
- ☐ For the Cocktail: Fill a highball glass halfway with ice.
- ☐ Add rye, syrup, and club soda. Stir gently.
- ☐ Garnish with cucumber slice and serve.

Nutrition Facts



Properties

Glycemic Index:100.09, Glycemic Load:69.82, Inflammation Score:-3, Nutrition Score:4.4699999792096%

Nutrients (% of daily need)

Calories: 571.54kcal (28.58%), Fat: 2.07g (3.19%), Saturated Fat: 0.07g (0.47%), Carbohydrates: 106.95g (35.65%), Net Carbohydrates: 102.38g (37.23%), Sugar: 101.23g (112.48%), Cholesterol: 0mg (0%), Sodium: 36.6mg (1.59%), Alcohol: 20.41g (100%), Alcohol %: 5.63% (100%), Protein: 2.38g (4.76%), Fiber: 4.57g (18.27%), Iron: 2.09mg (11.59%), Calcium: 94.95mg (9.49%), Magnesium: 34.13mg (8.53%), Manganese: 0.17mg (8.32%), Copper: 0.16mg (7.99%), Phosphorus: 70.21mg (7.02%), Zinc: 0.82mg (5.45%), Potassium: 169.42mg (4.84%), Vitamin B2: 0.07mg (3.9%), Vitamin B1: 0.05mg (3.54%), Vitamin C: 2.55mg (3.09%), Selenium: 2.07µg (2.95%), Vitamin B3: 0.46mg (2.32%), Vitamin B6: 0.04mg (2.19%), Vitamin E: 0.3mg (2%)