



## Rhubarb and Ginger Cocktail



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



958 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 3 ounces ginger ale
- ☐ 0.5 ounce juice of lime
- ☐ 1 ounce rhubarb
- ☐ 2 cups rhubarb sliced
- ☐ 1 cup sugar
- ☐ 1.5 ounces vodka
- ☐ 1 cup water

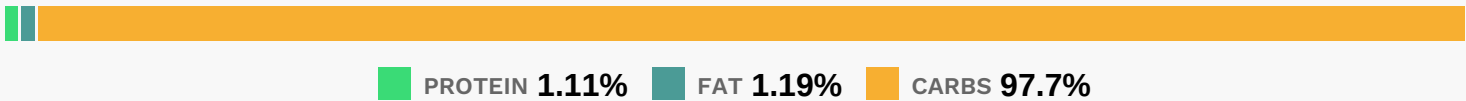
### Equipment

- ☐ sauce pan
- ☐ sieve

## Directions

- ☐ Combine rhubarb, water, and sugar in a small saucepan.
- ☐ Heat over high heat until boiling, stirring to dissolve sugar. Reduce to a simmer and continue to cook until rhubarb breaks down, about 20 minutes.
- ☐ Remove from heat and let cool. Strain through a fine mesh strainer. Rhubarb syrup will keep for one week in a sealed container in the refrigerator.
- ☐ For the Cocktail: In a cocktail shaker filled with ice, combine the rhubarb syrup, vodka, and lime juice. Shake for 10 seconds.
- ☐ Strain into a collins glass filled with ice. Top with ginger beer and garnish with a lime wedge.

## Nutrition Facts



## Properties

Glycemic Index:174.09, Glycemic Load:145.28, Inflammation Score:-5, Nutrition Score:11.918261030446%

## Flavonoids

Catechin: 5.91mg, Catechin: 5.91mg, Catechin: 5.91mg, Catechin: 5.91mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Epicatechin 3-gallate: 1.63mg, Epicatechin 3-gallate: 1.63mg, Epicatechin 3-gallate: 1.63mg, Epicatechin 3-gallate: 1.63mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 957.88kcal (47.89%), Fat: 1.19g (1.84%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 220.21g (73.4%), Net Carbohydrates: 215.25g (78.27%), Sugar: 210.4g (233.78%), Cholesterol: 0mg (0%), Sodium: 31.39mg (1.36%), Alcohol: 14.2g (100%), Alcohol %: 2.12% (100%), Protein: 2.51g (5.02%), Vitamin K: 79.88µg (76.08%), Vitamin C: 26.04mg (31.56%), Manganese: 0.56mg (27.77%), Calcium: 247.85mg (24.79%), Potassium: 806.23mg (23.04%), Fiber: 4.96g (19.84%), Magnesium: 37.03mg (9.26%), Vitamin B2: 0.12mg (7.34%), Copper: 0.13mg (6.62%), Selenium: 4.3µg (6.14%), Vitamin A: 284.88IU (5.7%), Folate: 20.48µg (5.12%), Vitamin E: 0.77mg (5.11%), Iron: 0.87mg (4.83%), Phosphorus: 42.24mg (4.22%), Vitamin B3: 0.84mg (4.19%), Vitamin B1: 0.06mg (4.01%), Vitamin B6: 0.07mg (3.54%), Vitamin B5: 0.25mg (2.49%), Zinc: 0.37mg (2.47%)