



## Thai Coco Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



33 min.

SERVINGS



1

CALORIES



808 kcal

BEVERAGE

DRINK

### Ingredients

- 2.5 ounces malibu coconut rum
- 1 slice spear of lemongrass fresh very thin for garnish
- 2 stalks lemongrass fresh coarsely chopped
- 1 ounce juice of lime juicy freshly squeezed ( 1 lime)
- 1 cup sugar
- 2 cups water

### Equipment

- sauce pan

## Directions

- Fill a cocktail shaker or small pitcher with ice.
- Add the rum, lemongrass syrup, and lime juice. Cover and shake vigorously, or stir, until combined and chilled, about 30 seconds. (In general, by the time the shaker mists up the drink is ready.) Strain into a chilled cocktail glass.
- Garnish with lime on the rim or the lemongrass spear in the drink.
- Serve.
- Place the lemongrass, water, and sugar into a saucepan and bring to a boil. Reduce heat, and simmer, partially covered, for 15 minutes. Strain the mixture and cool. Cover and refrigerate for up to a week.

## Nutrition Facts

**PROTEIN 0.32%** **FAT 0.86%** **CARBS 98.82%**

## Properties

Glycemic Index:70.09, Glycemic Load:139.62, Inflammation Score:-3, Nutrition Score:7.1395650972491%

## Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 807.78kcal (40.39%), Fat: 0.81g (1.25%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 209.43g (69.81%), Net Carbohydrates: 209.32g (76.12%), Sugar: 200.08g (222.31%), Cholesterol: 0mg (0%), Sodium: 28.09mg (1.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.68g (1.37%), Manganese: 1.63mg (81.63%), Iron: 2.66mg (14.77%), Vitamin C: 9.31mg (11.29%), Copper: 0.18mg (8.99%), Potassium: 261.3mg (7.47%), Folate: 26.08µg (6.52%), Magnesium: 25.6mg (6.4%), Zinc: 0.78mg (5.21%), Vitamin B2: 0.08mg (4.95%), Calcium: 40.31mg (4.03%), Phosphorus: 35.28mg (3.53%), Selenium: 1.45µg (2.06%), Vitamin B3: 0.38mg (1.91%), Vitamin B1: 0.03mg (1.82%), Vitamin B6: 0.04mg (1.78%)