



The Hugo Cocktail from 'The Lee Bros. Charleston Kitchen

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



188 kcal

BEVERAGE

DRINK

Ingredients

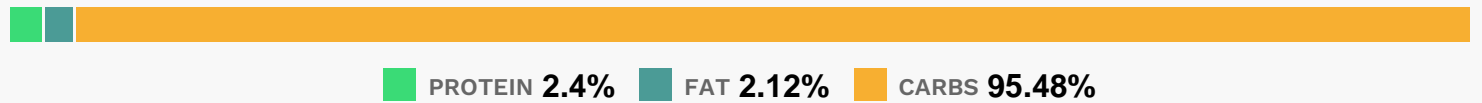
- 1 Dash angostura bitters such as angostura
- 0.3 cup rum dark such as mount gay or myers's
- 2 teaspoons ginger fresh grated pressed (from)
- 2 lime wedges
- 2 teaspoons sugar

Equipment

Directions

- Fill a cocktail shaker with ice cubes.
- Add the rum, ginger juice, 1 of the lime wedges, the sugar, and bitters, if using. Shake vigorously.
- Fill a rocks glass with ice cubes.
- Pour the cocktail over the ice, top off with seltzer, and garnish with the remaining lime wedge and a rod of ginger, if using.

Nutrition Facts



Properties

Glycemic Index:132.09, Glycemic Load:6.57, Inflammation Score:-3, Nutrition Score:1.4847825823919%

Flavonoids

Hesperetin: 15.48mg, Hesperetin: 15.48mg, Hesperetin: 15.48mg, Hesperetin: 15.48mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 188.16kcal (9.41%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 12.92g (4.31%), Net Carbohydrates: 11.83g (4.3%), Sugar: 8.79g (9.77%), Cholesterol: 0mg (0%), Sodium: 1.92mg (0.08%), Alcohol: 20.49g (100%), Alcohol %: 23.83% (100%), Protein: 0.32g (0.65%), Vitamin C: 10.68mg (12.94%), Fiber: 1.09g (4.35%), Copper: 0.05mg (2.28%), Potassium: 54.68mg (1.56%), Iron: 0.27mg (1.49%), Calcium: 12.6mg (1.26%), Manganese: 0.02mg (1.16%), Vitamin B6: 0.02mg (1.12%), Vitamin B1: 0.02mg (1.03%), Phosphorus: 10.24mg (1.02%)