



The Purim Pucker



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 serving seltzer water chilled
- ☐ 1.5 tsp mint leaves fresh chopped
- ☐ 1 serving mint leaves fresh for garnish
- ☐ 5 ice cubes
- ☐ 1 oz juice of lemon fresh
- ☐ 2 tbsp lemonade concentrate frozen
- ☐ 1.5 oz rum
- ☐ 1 oz frangelico sweet sour

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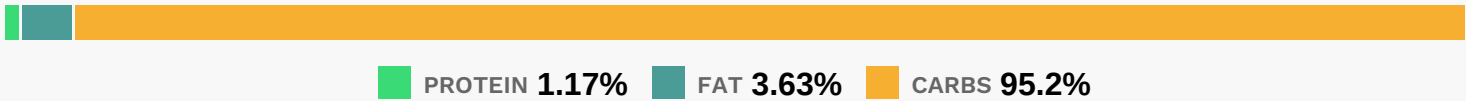
Equipment

☐ blender

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ The Purim Pucker
- ☐ Ingredients1 1/2 oz rum1 oz fresh lemon juice1 oz sweet and sour mix2 tbsp frozen lemonade concentrate1 1/2 tsp chopped fresh mint5 ice cubes
- ☐ Club soda, chilled
- ☐ Fresh mint leaves for garnish
- ☐ You will also need
- ☐ Blender, highball glass
- ☐ Total Time: 5 Minutes
- ☐ Servings: 1 cocktail
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:1.566956538707%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 4.22mg, Hesperetin: 4.22mg, Hesperetin: 4.22mg, Hesperetin: 4.22mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 163.21kcal (8.16%), Fat: 0.29g (0.44%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 16.88g (5.63%), Net Carbohydrates: 16.61g (6.04%), Sugar: 13.87g (15.41%), Cholesterol: 0mg (0%), Sodium: 6.84mg (0.3%), Alcohol: 14.2g (100%), Alcohol %: 10.43% (100%), Protein: 0.21g (0.41%), Vitamin C: 15.21mg (18.44%), Folate: 9.05µg (2.26%), Potassium: 57.9mg (1.65%), Copper: 0.03mg (1.62%), Manganese: 0.03mg (1.42%), Magnesium: 5.4mg (1.35%), Vitamin B1: 0.02mg (1.08%), Fiber: 0.27g (1.06%), Vitamin B6: 0.02mg (1.04%), Vitamin A: 50.55IU (1.01%)