



The Scorpio Cocktail



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



147 kcal

BEVERAGE

DRINK

Ingredients

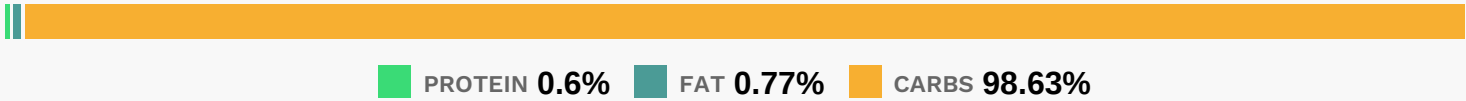
- ☐ 4 ounce plymouth sloe gin
- ☐ 0.3 teaspoon ginger freshly grated
- ☐ 3 ounce ginger ale
- ☐ 2 servings ice cubes
- ☐ 2 teaspoon juice of lemon fresh
- ☐ 2 servings lemon-peel twist for garnish

Equipment

Directions

- ☐ Mix the sloe gin, ginger ale, lemon juice, ginger, and ice cubes in a cocktail shaker. Strain into two ice-filled glasses.
- ☐ Garnish with lemon-peel twist.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:2.35, Inflammation Score:-2, Nutrition Score:0.3739130479972%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 146.83kcal (7.34%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.02%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 4.11g (1.49%), Sugar: 3.92g (4.36%), Cholesterol: 0mg (0%), Sodium: 6.44mg (0.28%), Alcohol: 18.94g (100%), Alcohol %: 14.94% (100%), Protein: 0.03g (0.05%), Vitamin C: 2.21mg (2.67%), Copper: 0.03mg (1.5%)