

The Sunny Getaway



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



991 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 ounces prepare as



3 lime (round)



0.5 ounce meyer lemon juice



0.5 ounce simple syrup glaze



1 cup sugar



1 ounce coconut milk unsweetened



1.5 ounces vodka



1 cup water

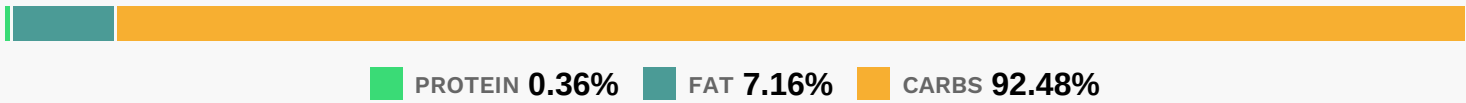
Equipment

☐ drinking straws

Directions

- ☐ To make the simple syrup: Dissolve sugar in water over medium heat. Bring to a boil, then reduce to a simmer for 10 minutes, stirring frequently.
- ☐ Let cool.
- ☐ To make cocktail, muddle limes and simple syrup in cocktail shaker until the limes are juiced.
- ☐ Fill the cocktail shaker with ice, then add Meyer lemon juice, coconut milk, and vodka. Shake for 10 seconds.
- ☐ Strain cocktail into a Collins glass filled with ice. Top with ginger beer and add lime slices to garnish if desired.
- ☐ Serve with a straw.

Nutrition Facts



Properties

Glycemic Index:180.09, Glycemic Load:141.7, Inflammation Score:-1, Nutrition Score:3.5626087143369%

Flavonoids

Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 11.08mg, Hesperetin: 11.08mg, Hesperetin: 11.08mg, Hesperetin: 11.08mg Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg, Naringenin: 0.91mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 990.62kcal (49.53%), Fat: 7.46g (11.48%), Saturated Fat: 5.99g (37.45%), Carbohydrates: 216.8g (72.27%), Net Carbohydrates: 215.55g (78.38%), Sugar: 214.16g (237.95%), Cholesterol: 0mg (0%), Sodium: 29.27mg (1.27%), Alcohol: 14.2g (100%), Alcohol %: 3.08% (100%), Protein: 0.85g (1.69%), Vitamin C: 12.39mg (15.02%), Manganese: 0.27mg (13.74%), Copper: 0.16mg (7.77%), Iron: 1.27mg (7.04%), Fiber: 1.25g (5.02%), Selenium: 3.18µg (4.55%), Magnesium: 16.67mg (4.17%), Phosphorus: 36.52mg (3.65%), Potassium: 124.22mg (3.55%), Vitamin B2: 0.06mg (3.28%), Vitamin B1: 0.04mg (2.51%), Calcium: 24.11mg (2.41%), Folate: 9.05µg (2.26%), Zinc: 0.3mg (2.03%), Vitamin B3: 0.28mg (1.42%), Vitamin B6: 0.02mg (1.25%), Vitamin B5: 0.12mg (1.16%)