



Zero Proof: Hawaiian Ginger Cooler



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



297 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.1 cup mint leaves fresh packed
- ☐ 0.3 cup ginger
- ☐ 2 inch ginger fresh peeled cut into 1/8-inch slices
- ☐ 2 servings ice cubes
- ☐ 1 lime cut in eight wedges
- ☐ 1.5 cups mangos fresh ripe cut in 1-inch cubes (2 small mangoes)
- ☐ 1 cup seltzer water plain
- ☐ 0.5 cup sugar

☐ 0.5 cup water

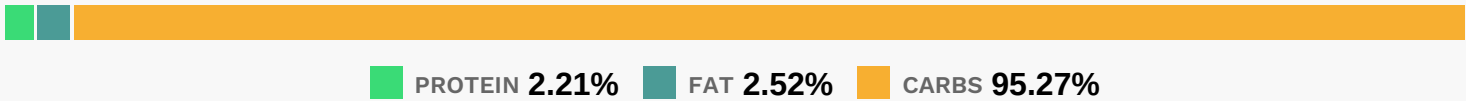
Equipment

- ☐ pot
- ☐ blender
- ☐ wooden spoon

Directions

- ☐ Add water, sugar and ginger slices to the pot.
- ☐ Heat over medium-high until sugar has dissolved. Cover, remove from heat, and let steep for 10 minutes.
- ☐ After 10 minutes, remove ginger slices from syrup and transfer syrup to another container. Chill.
- ☐ Place mango and ginger syrup in blender and puree until smooth.
- ☐ In your serving glasses, gently muddle limes and mint together with either a muddler or the handle of a wooden spoon.
- ☐ Add ice and 1/2 cup mango mixture to each glass. Top up with sparkling water (about 1/2 cup per glass), stir gently, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:91.92, Glycemic Load:44.86, Inflammation Score:-8, Nutrition Score:9.7360869231431%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 14.69mg, Hesperetin: 14.69mg, Hesperetin: 14.69mg, Hesperetin: 14.69mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 297.17kcal (14.86%), Fat: 0.9g (1.38%), Saturated Fat: 0.17g (1.09%), Carbohydrates: 76.39g (25.46%), Net Carbohydrates: 72.78g (26.47%), Sugar: 67.81g (75.35%), Cholesterol: 0mg (0%), Sodium: 36.87mg (1.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.55%), Vitamin C: 56.84mg (68.89%), Vitamin A: 1475.2IU (29.5%), Folate: 61.63µg (15.41%), Fiber: 3.6g (14.41%), Copper: 0.25mg (12.47%), Potassium: 356.89mg (10.2%), Vitamin B6: 0.2mg (10.1%), Manganese: 0.17mg (8.48%), Vitamin E: 1.25mg (8.31%), Magnesium: 28.86mg (7.21%), Vitamin B3: 1.12mg (5.58%), Vitamin K: 5.42µg (5.16%), Vitamin B2: 0.08mg (4.62%), Calcium: 45.05mg (4.51%), Iron: 0.72mg (3.98%), Vitamin B5: 0.37mg (3.73%), Vitamin B1: 0.05mg (3.52%), Phosphorus: 33.23mg (3.32%), Zinc: 0.39mg (2.62%), Selenium: 1.34µg (1.91%)