

# Moscow Mule II

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## Servings: 1

1/2 lime

ice

2 ounces vodka

4 - 6 ounce ginger beer

ground cardamom (optional)

lime wheel (for garnish)

candied ginger (for garnish)

Squeeze one-half of a lime into a chilled copper mug.

Add ice, vodka and ginger beer.

Dust with ground cardamom, if desired.

Garnish with a lime wheel or candied ginger.

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Per Serving (excluding unknown items): 141 Calories; trace Fat (3.7% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Fruit.

## Beverages

### Per Serving Nutritional Analysis

Calories (kcal):	141	Vitamin B6 (mg):	trace
% Calories from Fat:	3.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	90.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	3mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	131
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	4g	<b>Food Exchanges</b>	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	1mg	Vegetable:	0
Potassium (mg):	36mg	Fruit:	0
Calcium (mg):	11mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0

Zinc (mg): trace  
Vitamin C (mg): 10mg  
Vitamin A (i.u.): 3IU  
Vitamin A (r.e.): 1/2RE

Other Carbohydrates: 0

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## Nutrition Facts

Servings per Recipe: 1

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### Amount Per Serving

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**Calories** 141 Calories from Fat: 5

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**% Daily Values\***

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<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1mg	0%
<b>Total Carbohydrates</b>	4g	1%
Dietary Fiber	trace	1%
<b>Protein</b>	trace	

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<b>Vitamin A</b>	0%
<b>Vitamin C</b>	16%
<b>Calcium</b>	1%
<b>Iron</b>	1%

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\* Percent Daily Values are based on a 2000 calorie diet.