



23 Skiddoo



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



953 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 ounce hendrick's gin
- ☐ 1 serving ice cubes
- ☐ 0.3 ounce juice of lemon fresh
- ☐ 2 tablespoons thyme sprigs fresh (or regular thyme leaves)
- ☐ 3 ounces sparkling wine chilled
- ☐ 0.5 ounce st. germain
- ☐ 1 cup sugar
- ☐ 0.3 ounce thyme leaves

- ☐ 1 serving thyme leaves
- ☐ 1 cup water

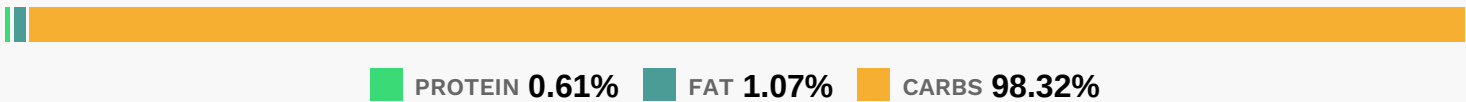
Equipment

- ☐ sauce pan

Directions

- ☐ For the syrup: Bring sugar and water to a boil in a small saucepan, stirring until sugar dissolves.
- ☐ Remove from heat, add thyme leaves, cover and let stand 1 hour. Strain and refrigerate.
- ☐ For the cocktail: Fill mixing glass with ice, add gin, St Germain, thyme syrup, and lemon juice. Stir until cold. Strain into flute, top with sparkling wine and garnish with thyme sprig.

Nutrition Facts



Properties

Glycemic Index:220.09, Glycemic Load:140.66, Inflammation Score:-10, Nutrition Score:8.3873912565734%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 9.99mg, Luteolin: 9.99mg, Luteolin: 9.99mg, Luteolin: 9.99mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 952.53kcal (47.63%), Fat: 1.03g (1.58%), Saturated Fat: 0.11g (0.66%), Carbohydrates: 211.58g (70.53%), Net Carbohydrates: 208.47g (75.81%), Sugar: 206.21g (229.12%), Cholesterol: 0mg (0%), Sodium: 24.92mg (1.08%), Alcohol: 14.91g (100%), Alcohol %: 2.91% (100%), Protein: 1.31g (2.62%), Vitamin C: 38.1mg (46.19%), Iron: 4.31mg (23.95%), Vitamin A: 1049.8IU (21%), Manganese: 0.39mg (19.68%), Fiber: 3.11g (12.45%), Magnesium: 47.2mg (11.8%), Calcium: 108.31mg (10.83%), Copper: 0.2mg (9.99%), Vitamin B2: 0.15mg (8.98%), Potassium: 221.22mg (6.32%), Vitamin B6: 0.1mg (4.87%), Phosphorus: 37.87mg (3.79%), Zinc: 0.53mg (3.55%), Folate: 12.21µg (3.05%), Vitamin B3: 0.5mg (2.49%), Selenium: 1.38µg (1.97%)