

Apple Gin Fizz



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



160 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup apples unpeeled chopped
- ☐ 2 oz hendrick's gin
- ☐ 1 serving ice cubes
- ☐ 1 slices optional: lemon
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon powdered sugar
- ☐ 3 oz seltzer water

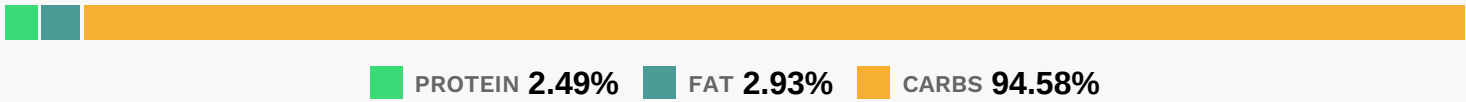
Equipment

☐ wooden spoon

Directions

- ☐ In bottom of cocktail shaker, muddle chopped apple with muddler or end of wooden spoon.
- ☐ Add gin, lemon juice and powdered sugar.
- ☐ Fill cocktail shaker with ice; shake until blended.
- ☐ Pour into lowball glass filled with ice, straining out apple and ice.
- ☐ Add enough carbonated water to fill glass.
- ☐ Garnish with apple slices.

Nutrition Facts



Properties

Glycemic Index:72.5, Glycemic Load:1.26, Inflammation Score:-3, Nutrition Score:1.4647825923951%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg Hesperetin: 4.12mg, Hesperetin: 4.12mg, Hesperetin: 4.12mg, Hesperetin: 4.12mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 160.33kcal (8.02%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 8g (2.67%), Net Carbohydrates: 7g (2.55%), Sugar: 5.76g (6.4%), Cholesterol: 0mg (0%), Sodium: 21.87mg (0.95%), Alcohol: 18.94g (100%), Alcohol %: 9.49% (100%), Protein: 0.21g (0.42%), Vitamin C: 10.95mg (13.28%), Fiber: 0.99g (3.96%), Copper: 0.04mg (1.98%), Potassium: 61.42mg (1.75%), Manganese: 0.03mg (1.3%), Vitamin B6: 0.03mg (1.29%), Folate: 4.71µg (1.18%), Magnesium: 4.43mg (1.11%), Calcium: 10.55mg (1.05%), Vitamin B1: 0.02mg (1.01%)