



Apple, Lemon, and Gin Shandy



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



244 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 slices optional: lemon
- ☐ 12 oz seltzer water chilled
- ☐ 2 cups hendrick's gin
- ☐ 3 tablespoons ginger fresh shredded
- ☐ 3 large apples i use 2 granny smith apples peeled chopped
- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.5 cup simple syrup glaze

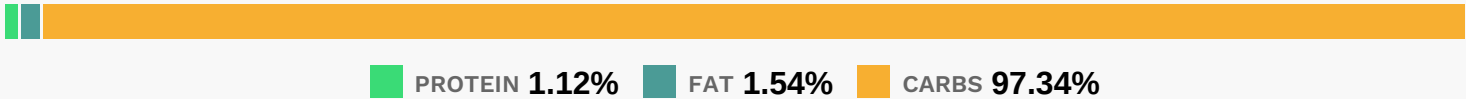
Equipment

- ☐ sieve
- ☐ blender

Directions

- ☐ Puree apples, lemon juice, and ginger in a blender.
- ☐ Pour mixture through a fine wire-mesh strainer into a large pitcher, pressing to release juices; discard solids. Stir in Simple Syrup and gin. Chill 2 hours. Stir in chilled Pilsner beer or club soda.
- ☐ Serve over ice.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:10.94, Glycemic Load:3.13, Inflammation Score:-3, Nutrition Score:2.4352174012557%

Flavonoids

Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.3mg, Epicatechin: 6.3mg, Epicatechin: 6.3mg, Epicatechin: 6.3mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 244.45kcal (12.22%), Fat: 0.2g (0.31%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 28.55g (9.52%), Net Carbohydrates: 26.42g (9.61%), Sugar: 24.57g (27.3%), Cholesterol: 0mg (0%), Sodium: 23.09mg (1%), Alcohol: 20.04g (100%), Alcohol %: 11.24% (100%), Protein: 0.33g (0.66%), Vitamin C: 10.34mg (12.54%), Fiber: 2.13g (8.52%), Iron: 0.92mg (5.11%), Potassium: 132.61mg (3.79%), Vitamin B1: 0.05mg (3.32%), Copper: 0.05mg (2.53%),

Manganese: 0.05mg (2.43%), Vitamin B2: 0.04mg (2.36%), Vitamin B6: 0.05mg (2.34%), Magnesium: 8.83mg (2.21%), Vitamin K: 1.84µg (1.75%), Phosphorus: 15.54mg (1.55%), Folate: 5.94µg (1.49%), Vitamin E: 0.18mg (1.21%), Calcium: 11.44mg (1.14%), Zinc: 0.16mg (1.05%)