



Apricot-Mint Sours

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 servings splash of apricot nectar
- 8 servings apricots fresh sliced for garnish, optional
- 12 mint leaves fresh for garnish
- 12 ounces hendrick's gin
- 1 cup juice of lemon fresh
- 0.3 cup juice of lime fresh
- 0.8 cup simple syrup glaze
- 2 tablespoons caster sugar

Equipment

Directions

- Mix together the lemon juice, simple syrup and lime juice. Cover and refrigerate until cold.
- For the apricot-mint sours: Muddle the sugar and mint leaves in a pitcher.
- Add the sour mix, gin and apricot nectar and mix until combined.
- Serve in rocks glasses over crushed ice and garnish with mint sprigs and an apricot wedge if using.

Nutrition Facts

PROTEIN 0.71% FAT 0.84% CARBS 98.45%

Properties

Glycemic Index:15.84, Glycemic Load:2.13, Inflammation Score:-3, Nutrition Score:2.1152174395064%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 2.12mg, Eriodictyol: 2.12mg, Eriodictyol: 2.12mg, Eriodictyol: 2.12mg Hesperetin: 5.24mg, Hesperetin: 5.24mg, Hesperetin: 5.24mg, Hesperetin: 5.24mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 205.46kcal (10.27%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 29.31g (9.77%), Net Carbohydrates: 29.04g (10.56%), Sugar: 27.24g (30.26%), Cholesterol: 0mg (0%), Sodium: 19.79mg (0.86%), Alcohol: 14.2g (100%), Alcohol %: 15.17% (100%), Protein: 0.21g (0.42%), Vitamin C: 14.95mg (18.12%), Iron: 1.27mg (7.05%), Vitamin B1: 0.05mg (3.66%), Folate: 8.67µg (2.17%), Potassium: 72.87mg (2.08%), Vitamin A: 101.75IU (2.04%), Vitamin B2: 0.03mg (1.85%), Magnesium: 6.94mg (1.74%), Manganese: 0.03mg (1.58%), Copper: 0.03mg (1.41%), Calcium: 10.91mg (1.09%), Fiber: 0.26g (1.05%), Vitamin B6: 0.02mg (1.01%)