

Autumn Gin Sour



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



177 kcal

BEVERAGE

DRINK

Ingredients

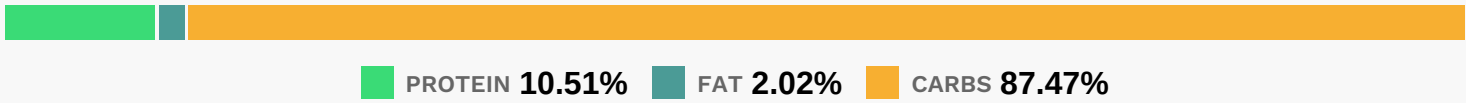
- ☐ 4 large egg whites
- ☐ 2.3 cups london gin dry
- ☐ 0.8 cup grand marnier
- ☐ 1 cup juice of lemon fresh
- ☐ 12 teaspoons orange marmalade

Equipment

Directions

- ☐ Combine 2 1/4 cups
- ☐ London dry gin, 1 cup fresh lemon juice, and 3/4 cup Grand Marnier in a large pitcher; chill until very cold, at least 2 hours and up to 1 day.
- ☐ Mix 4 large egg whites* in a small jar; chill until cold. For each cocktail, shake 2 1/2 ounces gin mixture, 1/2 ounces egg white, and 1 teaspoon orange marmalade in a cocktail shaker until very frothy, about 1 minute. Fill with ice; shake until outside is frosty, about 30 seconds. Strain into coupe glass.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.1621738989716%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 176.79kcal (8.84%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 10.87g (3.62%), Net Carbohydrates: 10.76g (3.91%), Sugar: 9.54g (10.6%), Cholesterol: 0mg (0%), Sodium: 24.01mg (1.04%), Alcohol: 18.86g (100%), Alcohol %: 24.38% (100%), Caffeine: 3.84mg (1.28%), Protein: 1.31g (2.61%), Vitamin C: 8.2mg (9.95%), Vitamin B2: 0.06mg (3.33%), Selenium: 2.31µg (3.3%), Copper: 0.03mg (1.37%), Potassium: 46.79mg (1.34%), Folate: 5.14µg (1.28%)