



Aviation Cocktail- Gary Regan Version



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



202 kcal

BEVERAGE

DRINK

Ingredients

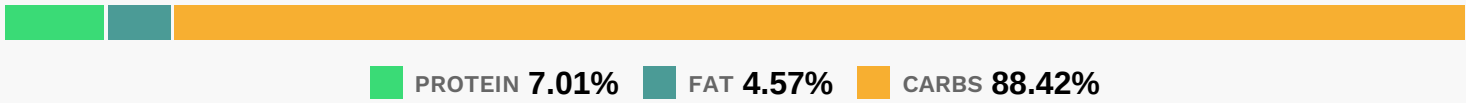
- ☐ 2 ounce hendrick's gin
- ☐ 1 lemon twist
- ☐ 0.5 ounce juice of lemon
- ☐ 0.5 ounce maraschino liqueur

Equipment

Directions

- ☐
- Fill a cocktail shaker two-thirds full with ice and add all of the ingredients. Shake for approximately 15 seconds. Strain into a chilled cocktail glass.
- ☐
- Garnish with lemon twist.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:1.8, Inflammation Score:-6, Nutrition Score:5.570869533912%

Flavonoids

Eriodictyol: 23.76mg, Eriodictyol: 23.76mg, Eriodictyol: 23.76mg, Eriodictyol: 23.76mg Hesperetin: 32.18mg, Hesperetin: 32.18mg, Hesperetin: 32.18mg, Hesperetin: 32.18mg Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 202.41kcal (10.12%), Fat: 0.36g (0.55%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 15.6g (5.2%), Net Carbohydrates: 12.53g (4.56%), Sugar: 7.56g (8.41%), Cholesterol: 0mg (0%), Sodium: 2.87mg (0.12%), Alcohol: 24.66g (100%), Alcohol %: 16.19% (100%), Protein: 1.24g (2.48%), Vitamin C: 62.73mg (76.03%), Fiber: 3.07g (12.27%), Potassium: 164.77mg (4.71%), Vitamin B6: 0.09mg (4.67%), Iron: 0.68mg (3.79%), Folate: 14.72µg (3.68%), Vitamin B1: 0.05mg (3.33%), Calcium: 28.93mg (2.89%), Copper: 0.05mg (2.71%), Magnesium: 9.49mg (2.37%), Vitamin B5: 0.22mg (2.24%), Manganese: 0.04mg (2.22%), Phosphorus: 20.68mg (2.07%), Vitamin B2: 0.03mg (1.53%), Vitamin E: 0.18mg (1.22%)