



Basil Tonics



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



1117 kcal

BEVERAGE

DRINK

Ingredients



1 cup basil fresh packed



1 serving basil sliced



1 serving simple syrup glaze



2 cups vodka



1 serving water

Equipment

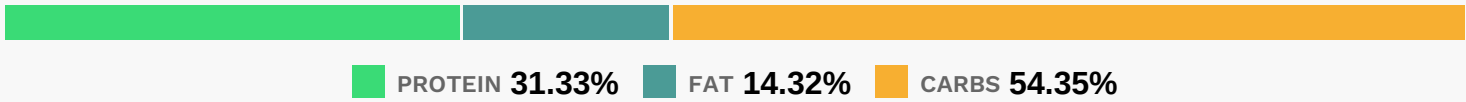


wooden spoon

Directions

- ☐ Combine first 2 ingredients in a glass container. Crush basil gently with a cocktail muddler or wooden spoon to release flavor. Cover and set aside, out of direct sunlight, 2 days. Strain.
- ☐ Pour 2 ounces (1/4 cup) basil-infused vodka in a highball glass filled with ice cubes. Stir in 1 tablespoon or desired amount simple syrup. Top with 3 to 5 ounces tonic water.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:155, Glycemic Load:0.19, Inflammation Score:-9, Nutrition Score:8.5669565793613%

Nutrients (% of daily need)

Calories: 1117.47kcal (55.87%), Fat: 0.17g (0.26%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 1.42g (0.47%), Net Carbohydrates: 1g (0.37%), Sugar: 0.81g (0.9%), Cholesterol: 0mg (0%), Sodium: 18.25mg (0.79%), Alcohol: 160.32g (100%), Alcohol %: 27.33% (100%), Protein: 0.82g (1.64%), Vitamin K: 107.9µg (102.76%), Vitamin A: 1371.5IU (27.43%), Manganese: 0.3mg (14.92%), Copper: 0.19mg (9.31%), Vitamin C: 4.68mg (5.67%), Calcium: 53.25mg (5.32%), Iron: 0.91mg (5.05%), Magnesium: 19.11mg (4.78%), Folate: 17.68µg (4.42%), Phosphorus: 38.64mg (3.86%), Vitamin B2: 0.05mg (3.17%), Potassium: 82.13mg (2.35%), Vitamin B1: 0.03mg (2.28%), Vitamin B6: 0.04mg (2.02%), Fiber: 0.42g (1.66%), Zinc: 0.24mg (1.57%), Vitamin E: 0.21mg (1.39%), Vitamin B3: 0.24mg (1.18%)