



Beloved's That's My Word



Gluten Free



Dairy Free

READY IN



4 min.

SERVINGS



1

CALORIES



362 kcal

BEVERAGE

DRINK

Ingredients

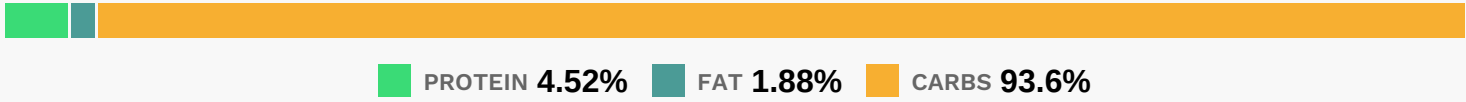
- ☐ 0.8 ounce chartreuse yellow
- ☐ 1 serving cherries
- ☐ 0.8 ounce hendrick's gin dry such as beefeater
- ☐ 1 serving grapefruit (the size of a silver dollar, see note above)
- ☐ 0.8 ounce juice of lime fresh
- ☐ 0.8 ounce st. germain

Equipment

Directions

- ☐ Fill a cocktail shaker with ice.
- ☐ Add gin, Chartreuse, St. Germain, lime juice, and grapefruit twist and shake until well chilled, about 15 seconds.
- ☐ Place cherry in chilled coupe glass. Double strain cocktail into glass and serve immediately.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:7.78, Inflammation Score:-9, Nutrition Score:10.208695473878%

Flavonoids

Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg Naringenin: 50.35mg, Naringenin: 50.35mg, Naringenin: 50.35mg, Naringenin: 50.35mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 361.81kcal (18.09%), Fat: 0.51g (0.79%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 57.17g (19.06%), Net Carbohydrates: 51.68g (18.79%), Sugar: 45.24g (50.26%), Cholesterol: 0mg (0%), Sodium: 0.64mg (0.03%), Alcohol: 18.8g (100%), Alcohol %: 6.29% (100%), Protein: 2.76g (5.52%), Vitamin C: 64.23mg (77.85%), Vitamin A: 1871.23IU (37.42%), Fiber: 5.49g (21.96%), Potassium: 544mg (15.54%), Vitamin B6: 0.16mg (7.93%), Magnesium: 30.96mg (7.74%), Vitamin B1: 0.11mg (7.37%), Copper: 0.14mg (7.17%), Vitamin B5: 0.71mg (7.08%), Manganese: 0.14mg (6.98%), Folate: 27.75µg (6.94%), Phosphorus: 60.95mg (6.09%), Vitamin B2: 0.1mg (5.76%), Calcium: 55.06mg (5.51%), Iron: 0.65mg (3.64%), Vitamin K: 3.07µg (2.92%), Vitamin B3: 0.56mg (2.81%), Vitamin E: 0.34mg (2.3%), Zinc: 0.23mg (1.54%)