



Blackberry Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



46 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 oz blackberries fresh
- ☐ 1 cup seltzer water cold
- ☐ 1 slices cucumber fresh
- ☐ 12 slices cucumber (1/4-inch-thick)
- ☐ 1 cup hendrick's gin
- ☐ 20 servings ice crushed
- ☐ 0.8 cup juice of lime fresh (3 limes)
- ☐ 0.8 oz mint leaves fresh

☐ 8 tsp sugar

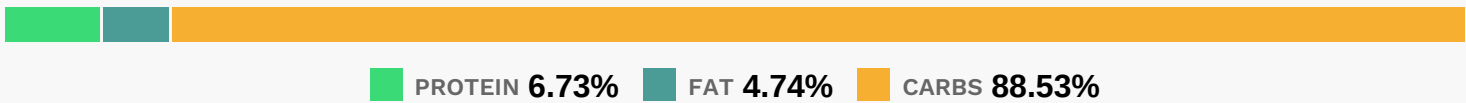
Equipment

☐ wooden spoon

Directions

- ☐ Place first 5 ingredients in a large pitcher. Gently press mint leaves, cucumbers, and blackberries against side of pitcher with a wooden spoon to release flavors. Stir in gin and club soda.
- ☐ Serve over ice.
- ☐ Garnish, if desired.
- ☐ *Superfine or powdered sugar may be substituted.
- ☐ Note: We tested with Hendrick's Gin.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:1.7191304302086%

Flavonoids

Cyanidin: 17mg, Cyanidin: 17mg, Cyanidin: 17mg, Cyanidin: 17mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 6.3mg, Catechin: 6.3mg, Catechin: 6.3mg, Catechin: 6.3mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 45.93kcal (2.3%), Fat: 0.11g (0.16%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 4.49g (1.5%), Net Carbohydrates: 3.44g (1.25%), Sugar: 2.87g (3.19%), Cholesterol: 0mg (0%), Sodium: 3.48mg (0.15%), Alcohol: 4.01g (100%), Alcohol %: 8.7% (100%), Protein: 0.34g (0.68%), Vitamin C: 6.78mg (8.22%), Manganese: 0.13mg (6.52%), Fiber: 1.05g (4.22%), Vitamin K: 3.75µg (3.57%), Copper: 0.04mg (2.04%), Vitamin A: 89.38IU (1.79%), Folate: 7.01µg (1.75%), Potassium: 51.42mg (1.47%), Vitamin E: 0.22mg (1.47%), Magnesium: 5.69mg (1.42%), Iron: 0.19mg (1.06%), Calcium: 10.27mg (1.03%)