



Blackberry-Gin Fizz

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



204 kcal

BEVERAGE

DRINK

Ingredients

- 6 ounce blackberries
- 8 servings seltzer water
- 2 cups hendrick's gin
- 1 cup juice of lime fresh
- 0.5 cup sugar
- 8 sprigs thai basil sweet

Equipment

- sieve

blender

Directions

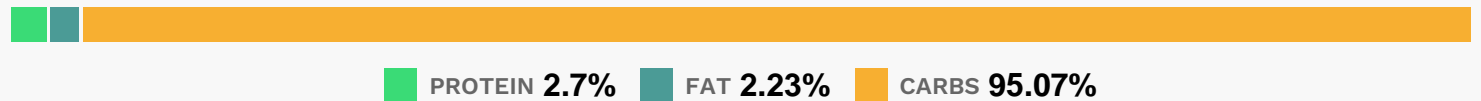
Purée blackberries and sugar in a blender.

Let stand, stirring occasionally, until sugar is dissolved, about 10 minutes. Strain purée through a fine-mesh sieve into a pitcher (there will be about 3/4 cup); discard seeds in sieve. Stir in and lime juice into pitcher.

Divide drink among ice-filled glasses; top with soda.

Garnish each with a basil sprig.

Nutrition Facts



Properties

Glycemic Index: 22.51, Glycemic Load: 8.97, Inflammation Score: -4, Nutrition Score: 2.9982609113921%

Flavonoids

Cyanidin: 21.25mg, Cyanidin: 21.25mg, Cyanidin: 21.25mg, Cyanidin: 21.25mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 7.88mg, Catechin: 7.88mg, Catechin: 7.88mg, Catechin: 7.88mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 203.89kcal (10.19%), Fat: 0.18g (0.27%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 17.09g (5.7%), Net Carbohydrates: 15.81g (5.75%), Sugar: 14.03g (15.59%), Cholesterol: 0mg (0%), Sodium: 1.83mg (0.08%), Alcohol: 20.04g (100%), Alcohol %: 20% (100%), Protein: 0.49g (0.97%), Vitamin C: 13.9mg (16.85%), Vitamin K: 12.69µg (12.09%), Manganese: 0.18mg (8.85%), Fiber: 1.28g (5.12%), Vitamin A: 166.13IU (3.32%), Copper: 0.06mg (3.22%), Folate: 9.7µg (2.43%), Potassium: 77.21mg (2.21%), Vitamin E: 0.33mg (2.21%), Magnesium: 7.96mg (1.99%), Calcium: 14.12mg (1.41%), Iron: 0.25mg (1.4%), Phosphorus: 12.43mg (1.24%), Zinc: 0.18mg (1.2%), Vitamin B6: 0.02mg (1.08%), Vitamin B1: 0.02mg (1.07%), Vitamin B3: 0.21mg (1.03%)