



Blackberry Gin Fizz Float



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



515 kcal

DESSERT

Ingredients

- ☐ 1 pint blackberries
- ☐ 8 ounces hendrick's gin
- ☐ 24 ounces ginger ale
- ☐ 4 servings ice cubes for serving
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 cup mint leaves roughly chopped
- ☐ 2 tablespoons sugar
- ☐ 1 pint whipped cream

☐ 1 tablespoon water

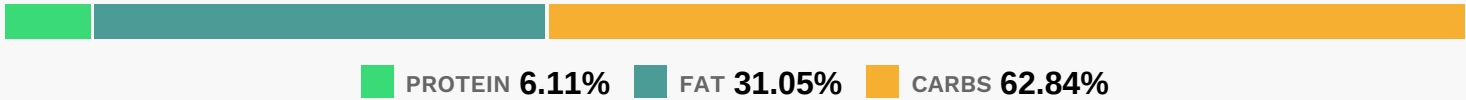
Equipment

- ☐ bowl
- ☐ pot
- ☐ sieve
- ☐ potato masher

Directions

- ☐ Heat the blackberries, sugar, and water in a small pot over medium-high heat. While warming, smash with a potato masher, until a thick even consistency is reached, about 8 minutes.
- ☐ Pour the blackberries through a sieve, into a bowl, pushing some flesh through with the juices, making sure to catch the seeds. Cool in the refrigerator for at least 10 minutes.
- ☐ Fill a cocktail shaker with 2 tablespoons of blackberry puree, 2 tablespoons of the mint leaves, 2 ounces of gin, 1 tablespoon lime juice, and a handful of ice. Shake vigorously 5 to 6 times until the drink is ice cold. Strain the mixture into a tall glass. Top with 6 ounces of ginger ale and stir lightly. Repeat for the remaining 3 servings. Finish and serve with a scoop of sorbet or ice cream.

Nutrition Facts



Properties

Glycemic Index:58.52, Glycemic Load:31.38, Inflammation Score:-8, Nutrition Score:14.526956584143%

Flavonoids

Cyanidin: 118.23mg, Cyanidin: 118.23mg, Cyanidin: 118.23mg, Cyanidin: 118.23mg Pelargonidin: 0.53mg, Pelargonidin: 0.53mg, Pelargonidin: 0.53mg, Pelargonidin: 0.53mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 43.84mg, Catechin: 43.84mg, Catechin: 43.84mg, Catechin: 43.84mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 5.51mg, Epicatechin: 5.51mg, Epicatechin: 5.51mg, Epicatechin: 5.51mg Epigallocatechin 3-gallate: 0.8mg, Epigallocatechin 3-gallate: 0.8mg, Epigallocatechin 3-gallate: 0.8mg, Epigallocatechin 3-gallate: 0.8mg Eriodictyol: 2.07mg, Eriodictyol: 2.07mg, Eriodictyol: 2.07mg, Eriodictyol: 2.07mg Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg

Naringenin: 0.06mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 515.36kcal (25.77%), Fat: 13.67g (21.04%), Saturated Fat: 8.06g (50.4%), Carbohydrates: 62.27g (20.76%), Net Carbohydrates: 54.66g (19.88%), Sugar: 52.23g (58.04%), Cholesterol: 52.05mg (17.35%), Sodium: 113.39mg (4.93%), Alcohol: 18.94g (100%), Alcohol %: 4.36% (100%), Protein: 6.06g (12.12%), Manganese: 0.88mg (43.75%), Vitamin C: 31.88mg (38.64%), Fiber: 7.61g (30.43%), Vitamin K: 23.87µg (22.73%), Calcium: 208.46mg (20.85%), Vitamin A: 997.68IU (19.95%), Vitamin B2: 0.34mg (19.72%), Phosphorus: 158.73mg (15.87%), Copper: 0.3mg (14.87%), Potassium: 479.7mg (13.71%), Magnesium: 48.23mg (12.06%), Vitamin E: 1.77mg (11.81%), Zinc: 1.63mg (10.88%), Folate: 43.41µg (10.85%), Vitamin B5: 1.05mg (10.51%), Iron: 1.47mg (8.17%), Vitamin B12: 0.46µg (7.69%), Vitamin B1: 0.08mg (5.6%), Vitamin B6: 0.11mg (5.29%), Vitamin B3: 1.03mg (5.13%), Selenium: 2.82µg (4.03%), Vitamin D: 0.24µg (1.58%)