



Blackberry Lime Rickeys



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups blackberries fresh divided
- ☐ 1 cup hendrick's gin
- ☐ 0.8 cup granulated sugar
- ☐ 6 servings ice cubes
- ☐ 6 lime very thin
- ☐ 0.5 cup juice of lime fresh
- ☐ 1 liter seltzer water

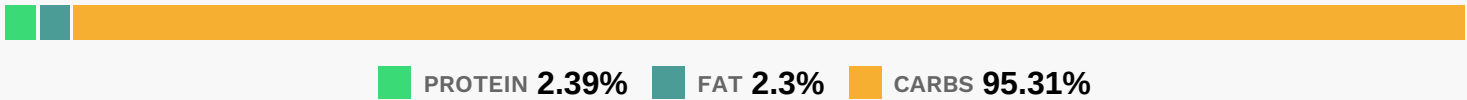
Equipment

- ☐ sieve
- ☐ blender

Directions

- ☐ In a blender, combine 1 1/2 cups blackberries, the sugar, and lime juice. Blend until smooth.
- ☐ Pour through a fine-mesh sieve into a pitcher, rubbing to extract juices, then stir in gin.
- ☐ Half-fill 6 tall glasses with ice cubes. Divide the gin mixture evenly among the glasses. Fill each with sparkling water.
- ☐ Garnish each glass with a few of the remaining blackberries and a slice or two of lime.

Nutrition Facts



Properties

Glycemic Index:23.68, Glycemic Load:18.14, Inflammation Score:-4, Nutrition Score:4.3195651951044%

Flavonoids

Cyanidin: 47.98mg, Cyanidin: 47.98mg, Cyanidin: 47.98mg, Cyanidin: 47.98mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 17.79mg, Catechin: 17.79mg, Catechin: 17.79mg, Catechin: 17.79mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg, Epicatechin: 2.24mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 4.82mg, Hesperetin: 4.82mg, Hesperetin: 4.82mg, Hesperetin: 4.82mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 216.43kcal (10.82%), Fat: 0.34g (0.53%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 31.95g (10.65%), Net Carbohydrates: 29.13g (10.59%), Sugar: 27.75g (30.84%), Cholesterol: 0mg (0%), Sodium: 39.47mg (1.72%), Alcohol: 13.36g (100%), Alcohol %: 4.67% (100%), Protein: 0.8g (1.6%), Vitamin C: 18.17mg (22.02%), Manganese: 0.32mg (16.21%), Fiber: 2.82g (11.28%), Vitamin K: 9.67µg (9.21%), Copper: 0.12mg (5.92%), Vitamin E: 0.62mg (4.14%), Folate: 14.58µg (3.64%), Magnesium: 13.86mg (3.46%), Potassium: 113.13mg (3.23%), Zinc: 0.47mg (3.13%), Calcium: 29.32mg (2.93%), Vitamin A: 116.3IU (2.33%), Iron: 0.4mg (2.24%), Vitamin B3: 0.36mg (1.79%), Vitamin B5: 0.17mg (1.72%), Phosphorus: 16.24mg (1.62%), Vitamin B2: 0.02mg (1.37%), Vitamin B1: 0.02mg (1.28%), Vitamin B6:

0.03mg (1.27%)