



Blood Orange French 75



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



157 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 teaspoon angostura bitters
- ☐ 1 pound blood oranges
- ☐ 1500 ml champagne chilled
- ☐ 1.5 cups hendrick's gin
- ☐ 2 tablespoons sugar

Equipment

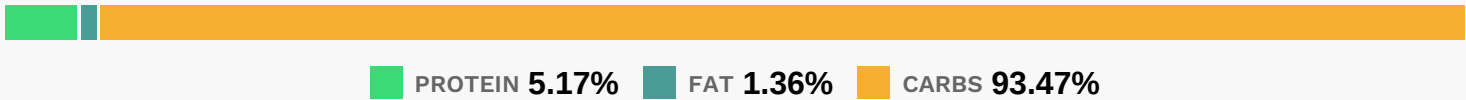
- ☐ bowl
- ☐ knife

- ☐ potato masher
- ☐ wooden spoon
- ☐ measuring cup

Directions

- ☐ Cut 1 orange in half through stem.
- ☐ Cut each orange half crosswise into 6 slices; reserve for garnish. Using small knife, cut peel and white pith from remaining 2 oranges; chop oranges.
- ☐ Transfer chopped oranges with juices to bowl; mash with potato masher or wooden spoon. Stir in gin, sugar, and bitters. Strain into 2-cup measuring cup, pressing on solids to release liquid. Chill 4 hours.
- ☐ Pour scant 2 tablespoons gin mixture into each of 12 glasses; fill with Champagne and garnish with orange.

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:2.91, Inflammation Score:-6, Nutrition Score:2.7565217925155%

Flavonoids

Hesperetin: 10.3mg, Hesperetin: 10.3mg, Hesperetin: 10.3mg, Hesperetin: 10.3mg Naringenin: 5.79mg, Naringenin: 5.79mg, Naringenin: 5.79mg, Naringenin: 5.79mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 156.86kcal (7.84%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 8.01g (2.67%), Net Carbohydrates: 7.1g (2.58%), Sugar: 6.99g (7.77%), Cholesterol: 0mg (0%), Sodium: 9.05mg (0.39%), Alcohol: 18.09g (100%), Alcohol %: 11.78% (100%), Protein: 0.44g (0.89%), Vitamin C: 20.11mg (24.37%), Potassium: 178.78mg (5.11%), Magnesium: 16.25mg (4.06%), Fiber: 0.91g (3.63%), Folate: 12.59µg (3.15%), Iron: 0.55mg (3.05%), Calcium: 26.36mg (2.64%), Phosphorus: 25.2mg (2.52%), Vitamin B6: 0.05mg (2.4%), Vitamin B1: 0.03mg (2.31%), Copper: 0.04mg (1.86%), Vitamin B2: 0.03mg (1.72%), Vitamin A: 85.05IU (1.7%), Vitamin B3: 0.24mg (1.18%)