



Blueberry and Thyme Collins



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



124 min.

SERVINGS



4

CALORIES



437 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups percent apple juice recommended: Martinelli's
- ☐ 0.3 cup blueberry jam
- ☐ 4 servings club soda chilled
- ☐ 1 cup hendrick's gin recommended: Bombay Sapphire
- ☐ 4 servings ice cubes
- ☐ 0.3 cup juice of lemon fresh 1 large lemon
- ☐ 1 cup sugar
- ☐ 4 servings thyme sprigs fresh for garnish

☐ 4 inch long sprigs thyme fresh

Equipment

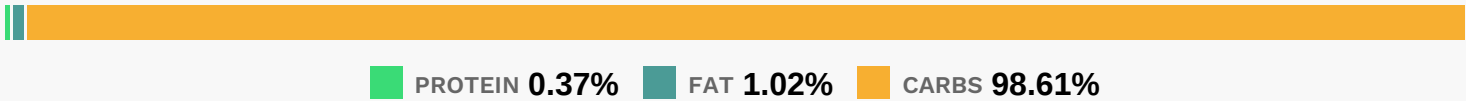
☐ frying pan

☐ sauce pan

Directions

- ☐ Special equipment: a 2 1/2 cup-capacity martini shaker.
- ☐ In a pitcher, combine the syrup, gin and lemon juice. Refrigerate for 2 hours. To serve, add ice and half of the gin mixture to a martini shaker.
- ☐ Add 2 tablespoons of blueberry jam. Shake well and pour into ice-filled Collins glasses.
- ☐ Add a splash of club soda and garnish with fresh thyme sprigs. Repeat with remaining ingredients.
- ☐ Gently crush the thyme sprigs and put them in a small saucepan.
- ☐ Add the sugar and apple juice. Bring the mixture to a boil over medium heat. Reduce the heat and simmer, stirring occasionally, until the sugar has dissolved, about 5 minutes.
- ☐ Remove the pan from the heat and allow the syrup to cool, about 30 minutes. Strain before using.

Nutrition Facts



Properties

Glycemic Index:67.71, Glycemic Load:47.09, Inflammation Score:-8, Nutrition Score:2.1204347584559%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 4.38mg, Epicatechin: 4.38mg, Epicatechin: 4.38mg, Epicatechin: 4.38mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 437.42kcal (21.87%), Fat: 0.35g (0.54%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 76.27g (25.42%), Net Carbohydrates: 75.65g (27.51%), Sugar: 69.54g (77.26%), Cholesterol: 0mg (0%), Sodium: 14.88mg (0.65%), Alcohol: 20.04g (100%), Alcohol %: 8.53% (100%), Protein: 0.29g (0.57%), Vitamin C: 10.37mg (12.57%), Manganese: 0.11mg (5.54%), Potassium: 134.92mg (3.85%), Copper: 0.07mg (3.3%), Vitamin B2: 0.05mg (3.02%), Iron: 0.47mg (2.61%), Fiber: 0.62g (2.48%), Magnesium: 8.74mg (2.19%), Vitamin B1: 0.03mg (2.05%), Calcium: 19.29mg (1.93%), Vitamin B6: 0.03mg (1.62%), Phosphorus: 15.33mg (1.53%), Folate: 5.88µg (1.47%), Selenium: 0.83µg (1.19%), Vitamin A: 54.11IU (1.08%)