



Blueberry Hard Lemonade



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



127 kcal

BEVERAGE

DRINK

Ingredients

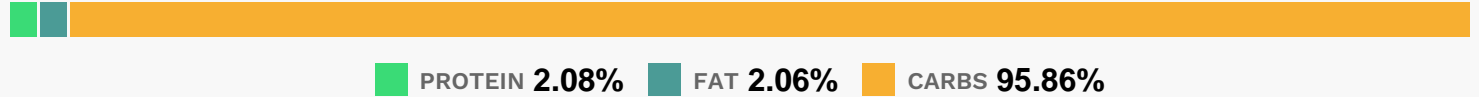
- 2 tablespoons blueberries fresh
- 2 mint leaves fresh
- 1 oz hendrick's gin
- 1 serving ice cubes
- 1 tablespoon juice of lemon fresh
- 0.5 cup ginger ale

Equipment

Directions

- In a highball glass, muddle blueberries, lemon juice and mint.
- Fill glass to rim with ice cubes.
- Add gin. Top with ginger ale; stir gently.
- Garnish as desired.

Nutrition Facts



Properties

Glycemic Index:118, Glycemic Load:7.94, Inflammation Score:-3, Nutrition Score:2.1547826055599%

Flavonoids

Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg Petunidin: 9.32mg, Petunidin: 9.32mg, Petunidin: 9.32mg, Petunidin: 9.32mg Delphinidin: 10.48mg, Delphinidin: 10.48mg, Delphinidin: 10.48mg, Delphinidin: 10.48mg Malvidin: 19.99mg, Malvidin: 19.99mg, Malvidin: 19.99mg, Malvidin: 19.99mg Peonidin: 6mg, Peonidin: 6mg, Peonidin: 6mg, Peonidin: 6mg Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Eriodictyol: 1.35mg, Eriodictyol: 1.35mg, Eriodictyol: 1.35mg, Eriodictyol: 1.35mg Hesperetin: 2.37mg, Hesperetin: 2.37mg, Hesperetin: 2.37mg, Hesperetin: 2.37mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

Nutrients (% of daily need)

Calories: 127.16kcal (6.36%), Fat: 0.15g (0.23%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 15.96g (5.32%), Net Carbohydrates: 15.04g (5.47%), Sugar: 13.83g (15.36%), Cholesterol: 0mg (0%), Sodium: 12.41mg (0.54%), Alcohol: 9.47g (100%), Alcohol %: 4.82% (100%), Protein: 0.35g (0.69%), Vitamin C: 9.31mg (11.28%), Manganese: 0.15mg (7.26%), Vitamin K: 5.71µg (5.44%), Fiber: 0.91g (3.66%), Copper: 0.06mg (3.1%), Iron: 0.42mg (2.33%), Vitamin A: 101.83IU (2.04%), Folate: 7.05µg (1.76%), Magnesium: 6.01mg (1.5%), Potassium: 51.35mg (1.47%), Calcium: 12.75mg (1.28%), Vitamin E: 0.19mg (1.27%), Vitamin B6: 0.03mg (1.26%), Vitamin B2: 0.02mg (1.23%), Vitamin B1: 0.02mg (1.19%), Zinc: 0.15mg (1.02%)