

Citrus-Blossom Gin Fizz



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



311 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 large egg whites divided
- ☐ 0.5 cup hendrick's gin divided
- ☐ 6 cups ice cubes divided
- ☐ 1 optional: lemon
- ☐ 1 tablespoon optional: lemon fresh loosely packed
- ☐ 4 tablespoons juice of lemon divided
- ☐ 8 servings nutmeg freshly ground
- ☐ 1 cranberry-orange relish

- ☐ 2 teaspoons orange-flower water
- ☐ 2 cups sugar
- ☐ 2 cups water
- ☐ 0.5 cup whipping cream divided

Equipment

- ☐ sauce pan
- ☐ blender
- ☐ peeler

Directions

- ☐ Mix 2 cups water, sugar, and lemon verbena, if desired, in medium saucepan. Using vegetable peeler, remove peel (colored part) from orange and lemon; add peel to saucepan. Bring sugar mixture to boil, stirring until sugar dissolves. Reduce heat to medium and simmer 5 minutes. Cool completely. Stir in orange-flower water. (Can be made 2 weeks ahead. Cover and refrigerate.)
- ☐ Combine 6 tablespoons syrup, 3 cups ice, 1/4 cup gin, 1/4 cup cream, 2 egg whites, and 2 tablespoons lemon juice in blender. Blend until smooth and foamy. Divide among 4 glasses. Repeat with 6 tablespoons syrup and remaining ice, gin, cream, egg whites, and juice.
- ☐ Sprinkle drinks with nutmeg; garnish with lemon verbena sprigs, if desired.
- ☐ Market tip:Lemon verbena is sold at nurseries and some farmers' markets.*A flavoring extract; available in the liquor aisle or baking section of some supermarkets and at liquor stores.

Nutrition Facts



Properties

Glycemic Index:31.07, Glycemic Load:36.21, Inflammation Score:-3, Nutrition Score:3.5765217646309%

Flavonoids

Eriodictyol: 3.64mg, Eriodictyol: 3.64mg, Eriodictyol: 3.64mg, Eriodictyol: 3.64mg Hesperetin: 9.83mg, Hesperetin: 9.83mg, Hesperetin: 9.83mg Naringenin: 2.7mg, Naringenin: 2.7mg, Naringenin: 2.7mg,

Naringenin: 2.7mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 310.6kcal (15.53%), Fat: 6.37g (9.8%), Saturated Fat: 3.95g (24.7%), Carbohydrates: 55.21g (18.4%), Net Carbohydrates: 53.95g (19.62%), Sugar: 53.13g (59.03%), Cholesterol: 16.81mg (5.6%), Sodium: 44.59mg (1.94%), Alcohol: 5.01g (100%), Alcohol %: 1.69% (100%), Protein: 2.69g (5.37%), Vitamin C: 19.9mg (24.12%), Vitamin B2: 0.12mg (7.2%), Selenium: 4.23µg (6.04%), Vitamin A: 261.37IU (5.23%), Fiber: 1.26g (5.05%), Copper: 0.08mg (4.24%), Manganese: 0.07mg (3.71%), Calcium: 33.24mg (3.32%), Potassium: 107.87mg (3.08%), Magnesium: 12.2mg (3.05%), Folate: 10.88µg (2.72%), Vitamin B1: 0.03mg (2.24%), Phosphorus: 21.31mg (2.13%), Vitamin B6: 0.03mg (1.75%), Vitamin D: 0.24µg (1.59%), Vitamin B5: 0.15mg (1.49%), Vitamin E: 0.2mg (1.34%), Iron: 0.23mg (1.3%)