

Cocoanut Grove Signature Cocktail



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



174 kcal

BEVERAGE

DRINK

Ingredients



2 ounce london gin dry



1 dash grenadine syrup



0.5 ounce juice of lime



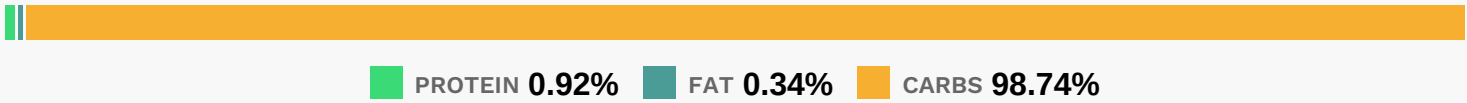
0.5 ounce maraschino liqueur

Equipment

Directions

Shake all the ingredients together with crushed ice.Strain into a cocktail glass, and serve with a lime wedge for garnish.

Nutrition Facts



Properties

Glycemic Index:115, Glycemic Load:0.67, Inflammation Score:-3, Nutrition Score:0.47086956894592%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 174.19kcal (8.71%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 6.42g (2.14%), Net Carbohydrates: 6.36g (2.31%), Sugar: 5.21g (5.79%), Cholesterol: 0mg (0%), Sodium: 1.12mg (0.05%), Alcohol: 24.66g (100%), Alcohol %: 36.33% (100%), Protein: 0.06g (0.12%), Vitamin C: 4.25mg (5.15%)