



Cranberry-Gin Fizz



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



113 kcal

BEVERAGE

DRINK

Ingredients



1 tablespoon cranberry reduction



3 tablespoons hendrick's gin



1 serving ice cubes



1 serving lemon-lime drink soft



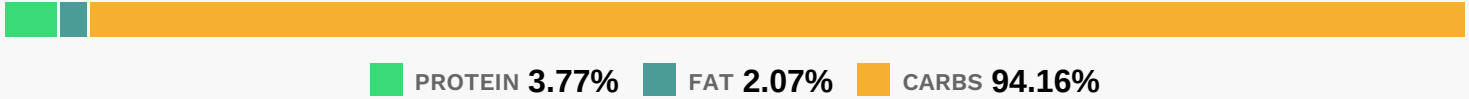
1.5 teaspoons juice of lime fresh

Equipment

Directions

☐ Combine gin, Cranberry Reduction, and fresh lime juice in a cocktail shaker filled with ice cubes. Cover with lid; shake vigorously until thoroughly chilled (about 30 seconds). Strain into a 10-oz. glass filled with ice cubes. Top with lemon-lime soft drink.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:0.56, Inflammation Score:-2, Nutrition Score:0.84130433971143%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 7.27mg, Peonidin: 7.27mg, Peonidin: 7.27mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 113.04kcal (5.65%), Fat: 0.02g (0.04%), Saturated Fat: 0g (0.01%), Carbohydrates: 2.51g (0.84%), Net Carbohydrates: 1.95g (0.71%), Sugar: 0.86g (0.96%), Cholesterol: 0mg (0%), Sodium: 3.8mg (0.17%), Alcohol: 15.03g (100%), Alcohol %: 15.33% (100%), Protein: 0.1g (0.2%), Vitamin C: 4.32mg (5.24%), Manganese: 0.06mg (3.13%), Fiber: 0.56g (2.25%), Copper: 0.03mg (1.44%), Vitamin E: 0.21mg (1.41%)