



## Drink the Book: Garrick Club Punch



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



155 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 10 ounces hendrick's gin
- ☐ 3 ounces juice of lemon
- ☐ 2 ounces maraschino liqueur
- ☐ 20 ounces seltzer water chilled
- ☐ 1 ounce caster sugar
- ☐ 13 ounces water chilled

### Equipment

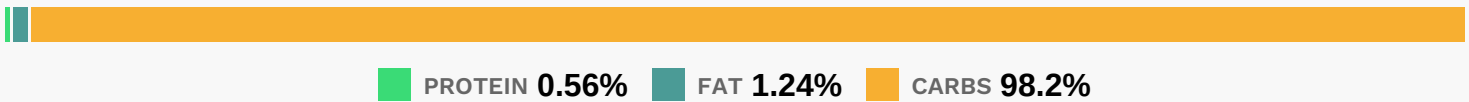
- ☐ bowl

- ☐ knife
- ☐ peeler

## Directions

- ☐ Using a vegetable peeler or paring knife peel the lemon, being careful to remove only the yellow peel and not the bitter white pith.
- ☐ Place the peel in your bowl or pitcher.
- ☐ Juice the peeled lemon, measure out 3 ounces of juice (juicing an additional lemon if necessary) and set aside.
- ☐ Add maraschino and sugar to the bowl with lemon peel and muddle until sugar and maraschino are well blended.
- ☐ Add gin, lemon juice, and water or ice. Stir until combined. Top with the chilled soda water and serve.

## Nutrition Facts



## Properties

Glycemic Index:14.18, Glycemic Load:3.3, Inflammation Score:-2, Nutrition Score:0.62173913386853%

## Flavonoids

Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 155.12kcal (7.76%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 8.68g (3.16%), Sugar: 8.08g (8.98%), Cholesterol: 0mg (0%), Sodium: 23.58mg (1.03%), Alcohol: 19.6g (100%), Alcohol %: 10.73% (100%), Protein: 0.05g (0.1%), Vitamin C: 5.49mg (6.65%), Copper: 0.03mg (1.4%)