



## Emergency Ginerator



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



1400 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 cup seltzer water
- ☐ 3 pieces ginger fresh peeled cut into 1/2-inch chunks (approximately 3/4 cup)
- ☐ 1.5 ounces hendrick's gin
- ☐ 1.5 ounces juice of lime freshly squeezed
- ☐ 1 serving lime zest
- ☐ 4 dashes orange bitters such as fee's or regan's
- ☐ 1.5 ounces simple syrup glaze (see below.)
- ☐ 1.5 cups sugar

☐ 1 cup water

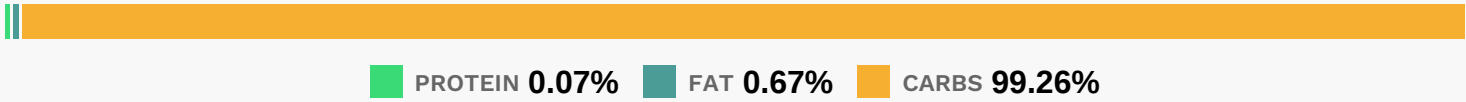
Equipment

☐ sauce pan

Directions

- ☐ Pour the gin, syrup, and lime juice into a shaker filled with ice; add the bitters. Shake well (until condensation forms on the entire shaker). Strain the mixture over fresh ice into a tall glass, top with club soda, and garnish with a lime peel.
- ☐ Ginger-Infused Simple Syrup
- ☐ Place the sugar, water, and ginger chunks in a small saucepan over medium heat. Bring to a simmer, lower the heat, and simmer gently for 10 minutes, stirring occasionally. Cool; strain into a glass jar with an airtight lid. The syrup will keep for 2 weeks in the refrigerator.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:132.09, Glycemic Load:209.53, Inflammation Score:-1, Nutrition Score:2.7791304458743%

Flavonoids

Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 4.24mg, Hesperetin: 4.24mg, Hesperetin: 4.24mg, Hesperetin: 4.24mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 1399.99kcal (70%), Fat: 1.01g (1.56%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 335.96g (111.99%), Net Carbohydrates: 335.7g (122.07%), Sugar: 331.83g (368.7%), Cholesterol: 0mg (0%), Sodium: 66.02mg (2.87%), Alcohol: 16g (100%), Alcohol %: 2.57% (100%), Protein: 0.24g (0.48%), Vitamin C: 13.2mg (16%), Iron: 1.77mg (9.84%), Vitamin B2: 0.09mg (5.4%), Copper: 0.1mg (5.11%), Vitamin B1: 0.07mg (4.63%), Magnesium: 12.55mg (3.14%), Selenium: 2.17µg (3.09%), Potassium: 99.23mg (2.84%), Calcium: 28.3mg (2.83%), Zinc: 0.32mg (2.1%), Manganese: 0.04mg (1.77%), Phosphorus: 12.26mg (1.23%), Folate: 4.66µg (1.17%), Vitamin B6: 0.02mg (1.09%), Fiber: 0.26g (1.03%)