

# Evergreen Dazed

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



190 kcal

BEVERAGE

DRINK

## Ingredients

- 1 Dash angostura bitters
- 1.5 ounces hendrick's gin
- 0.5 ounce juice of lemon
- 1 ounce cranberries
- 0.5 ounce rum
- 0.5 ounce simple syrup glaze

## Equipment

- bowl

# Directions

- Add all ingredients to cocktail shaker.
- Add ice, shake and strain into a chilled cocktail stem.
- To serve as a punch multiply ingredients by 16 and add 2 2/3 cups water. Chill and serve in a bowl with a large ice block.

# Nutrition Facts

**PROTEIN 1.16%** **FAT 1.03%** **CARBS 97.81%**

## Properties

Glycemic Index:75, Glycemic Load:1.07, Inflammation Score:-3, Nutrition Score:1.8013043487849%

## Flavonoids

Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg, Cyanidin: 13.16mg Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg, Delphinidin: 2.17mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg 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 Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

## Nutrients (% of daily need)

Calories: 190.02kcal (9.5%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 15.21g (5.07%), Net Carbohydrates: 14.14g (5.14%), Sugar: 12.07g (13.42%), Cholesterol: 0mg (0%), Sodium: 9.5mg (0.41%), Alcohol: 19.39g (100%), Alcohol %: 21.48% (100%), Protein: 0.18g (0.36%), Vitamin C: 9.45mg (11.46%), Manganese: 0.11mg (5.7%), Fiber: 1.06g (4.25%), Iron: 0.61mg (3.39%), Vitamin E: 0.4mg (2.64%), Vitamin B1: 0.03mg (1.91%), Copper: 0.03mg (1.64%), Vitamin K: 1.42µg (1.35%), Potassium: 47.34mg (1.35%), Vitamin B6: 0.02mg (1.16%), Vitamin B2: 0.02mg (1.09%), Vitamin B5: 0.1mg (1.02%)