

French 75



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



215 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 750 ml champagne
- ☐ 1 cup hendrick's gin divided
- ☐ 4 cups ice cubes divided
- ☐ 0.5 cup juice of lemon fresh divided
- ☐ 1 cup sugar
- ☐ 1 cup water

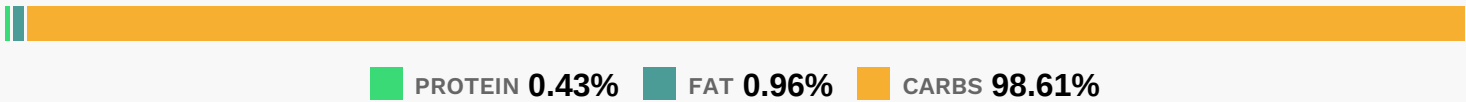
Equipment

- ☐ sauce pan

Directions

- ☐ Stir 1 cup water and 1 cup sugar in medium saucepan over medium heat until sugar dissolves; bring to boil. Reduce heat; simmer 3 minutes. Chill until cold. (Simple syrup can be made 1 month ahead. Cover and keep chilled.)
- ☐ Place 8 coupe glasses or Champagne flutes in freezer and chill at least 2 hours.
- ☐ Place 1 cup ice, 1/4 cup gin, 2 tablespoons lemon juice, and 3 tablespoons simple syrup in cocktail shaker. Shake well, then strain into 2 chilled glasses or flutes. Repeat 3 more times with remaining ice cubes, gin, lemon juice, and simple syrup to make 6 more drinks. Divide Champagne among glasses and serve.

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:17.45, Inflammation Score:-4, Nutrition Score:1.170000000000065%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 214.73kcal (10.74%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 27g (9.82%), Sugar: 26.41g (29.34%), Cholesterol: 0mg (0%), Sodium: 14.64mg (0.64%), Alcohol: 16.01g (100%), Alcohol %: 6.51% (100%), Protein: 0.12g (0.24%), Vitamin C: 5.9mg (7.15%), Magnesium: 11.75mg (2.94%), Potassium: 99.1mg (2.83%), Iron: 0.41mg (2.28%), Copper: 0.04mg (2.22%), Phosphorus: 16.45mg (1.64%), Calcium: 14.02mg (1.4%), Vitamin B6: 0.03mg (1.3%), Vitamin B2: 0.02mg (1.03%)