

## French 75



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



131 kcal

BEVERAGE

DRINK

## Ingredients

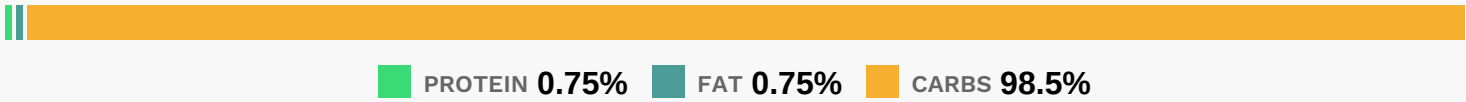
- ☐ 1 pinch sparkling wine
- ☐ 1 cup hendrick's gin
- ☐ 8 servings optional: lemon
- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.5 cup simple syrup glaze

## Equipment

# Directions

- ☐ Stir 1 cup gin, 1/2 cup No-Cook Simple Syrup, and 1/2 cup fresh lemon juice with ice in a medium pitcher for 10 seconds. Strain into
- ☐ Champagne flutes or coupe glasses. Top with chilled Champagne (Prosecco or other sparkling wine works in a pinch).
- ☐ Garnish with lemon twists.

## Nutrition Facts



## Properties

Glycemic Index:5.06, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:1.221304330003%

## Flavonoids

Eriodictyol: 2.24mg, Eriodictyol: 2.24mg, Eriodictyol: 2.24mg, Eriodictyol: 2.24mg Hesperetin: 4.16mg, Hesperetin: 4.16mg, Hesperetin: 4.16mg, Hesperetin: 4.16mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 131.4kcal (6.57%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 17.11g (5.7%), Net Carbohydrates: 16.87g (6.13%), Sugar: 15.98g (17.75%), Cholesterol: 0mg (0%), Sodium: 12.82mg (0.56%), Alcohol: 10.03g (100%), Alcohol %: 17.31% (100%), Protein: 0.13g (0.26%), Vitamin C: 9.61mg (11.65%), Iron: 0.82mg (4.58%), Vitamin B1: 0.04mg (2.38%), Potassium: 39.35mg (1.12%), Vitamin B2: 0.02mg (1.03%)