

French 75



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



200 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 ounces hendrick's gin
- ☐ 1 cup ice cubes
- ☐ 1 optional: lemon
- ☐ 0.8 ounce juice of lemon fresh
- ☐ 0.5 ounce simple syrup glaze
- ☐ 2 ounces sparkling wine dry such as brut champagne, chilled

Equipment

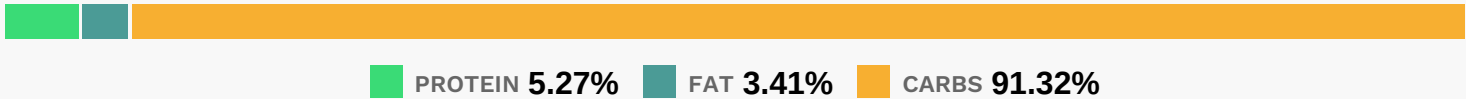
- ☐ knife

☐ zester

Directions

- ☐ Using zester or paring knife, slice peel from lemon in long, thin spiral. Reserve lemon for another use and set peel aside.
- ☐ In cocktail shaker, combine gin, lemon juice, and simple syrup.
- ☐ Add ice and shake vigorously for 20 seconds. Strain into chilled Champagne flute and top with sparkling wine.
- ☐ Curl lemon peel around finger to create twist at least 6 inches long.
- ☐ Garnish drink with twist and serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:1.8, Inflammation Score:-6, Nutrition Score:6.4960870302242%

Flavonoids

Eriodictyol: 24.11mg, Eriodictyol: 24.11mg, Eriodictyol: 24.11mg, Eriodictyol: 24.11mg Hesperetin: 33.21mg, Hesperetin: 33.21mg, Hesperetin: 33.21mg, Hesperetin: 33.21mg Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg, Quercetin: 1.31mg

Nutrients (% of daily need)

Calories: 200.14kcal (10.01%), Fat: 0.38g (0.58%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 22.56g (7.52%), Net Carbohydrates: 19.48g (7.08%), Sugar: 14.26g (15.85%), Cholesterol: 0mg (0%), Sodium: 26.82mg (1.17%), Alcohol: 17.83g (100%), Alcohol %: 4.72% (100%), Protein: 1.3g (2.6%), Vitamin C: 65.47mg (79.36%), Fiber: 3.09g (12.35%), Iron: 1.42mg (7.88%), Potassium: 230.62mg (6.59%), Vitamin B6: 0.11mg (5.4%), Copper: 0.1mg (4.96%), Magnesium: 19.37mg (4.84%), Vitamin B1: 0.07mg (4.62%), Calcium: 43.4mg (4.34%), Folate: 16.7µg (4.17%), Phosphorus: 30.32mg (3.03%), Vitamin B2: 0.04mg (2.39%), Vitamin B5: 0.23mg (2.33%), Manganese: 0.04mg (2.13%), Vitamin E: 0.19mg (1.29%), Zinc: 0.19mg (1.26%), Vitamin B3: 0.2mg (1.02%)