

French 79th

 Gluten Free  Dairy Free  Low Fod Map

READY IN



2880 min.

SERVINGS



1

CALORIES



1981 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 ounce st. germain (such as St-Germain)
- 1 ounce hendrick's gin
- 750 mL hendrick's gin good
- 1 serving grapefruit
- 1 serving ice cubes
- 3 dashes rhubarb
- 3 ounces sparkling wine

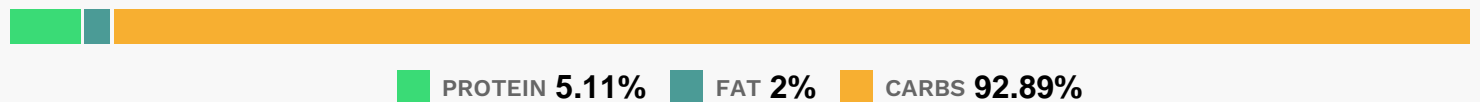
Equipment

- knife
- peeler

Directions

- For the Grapefruit-Infused Gin: Zest two grapefruits using a vegetable peeler or paring knife (taking care to avoid the bitter white pith) and insert into bottle of good-quality gin. Seal and let the mixture sit for 24 to 48 hours, then strain and bottle.
- For the Cocktail
- Fill cocktail shaker with ice cubes add the gin, elderflower liqueur, and rhubarb bitters. Shake vigorously.
- Strain gin, elderflower liqueur and bitters into a champagne flute and top off with a float of sparkling wine.
- Garnish with grapefruit twist.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:3.51, Inflammation Score:-10, Nutrition Score:8.3391303368237%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 50.27mg, Naringenin: 50.27mg, Naringenin: 50.27mg, Naringenin: 50.27mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 1981.46kcal (99.07%), Fat: 0.22g (0.34%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 23.1g (7.7%), Net Carbohydrates: 20.59g (7.49%), Sugar: 17.07g (18.97%), Cholesterol: 0mg (0%), Sodium: 16.77mg (0.73%), Alcohol: 269.02g (100%), Alcohol %: 30.96% (100%), Protein: 1.27g (2.54%), Vitamin C: 48.29mg (58.53%), Vitamin A: 1774.06IU (35.48%), Copper: 0.23mg (11.7%), Fiber: 2.52g (10.07%), Manganese: 0.18mg (9.09%), Potassium: 307.17mg (8.78%), Vitamin B1: 0.11mg (7.61%), Phosphorus: 72.46mg (7.25%), Magnesium: 23.28mg (5.82%), Vitamin

B6: 0.11mg (5.36%), Folate: 21.08µg (5.27%), Vitamin B2: 0.09mg (5.22%), Calcium: 45.79mg (4.58%), Iron: 0.79mg (4.36%), Vitamin B5: 0.41mg (4.06%), Zinc: 0.5mg (3.33%), Vitamin B3: 0.51mg (2.55%), Vitamin E: 0.21mg (1.39%)