



HEALTH SCORE

73%

Garden Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



220 min.

SERVINGS



1

CALORIES



403 kcal

BEVERAGE

DRINK

Ingredients



1 basil sprig fresh



1.3 cups celery with leaves chopped



1 ribs garnishes: cucumber spears fresh



1 tablespoon flat-leaf parsley fresh finely chopped



1 serving cocktail



0.3 cup hendrick's gin



0.5 teaspoon kosher salt



1 tablespoon kosher salt

- ☐ 1 lime wedges
- ☐ 0.3 cup onion chopped
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.5 medium tomatoes seeded chopped
- ☐ 1 serving garden tomato juice
- ☐ 3 pounds tomatoes red yellow very ripe coarsely chopped

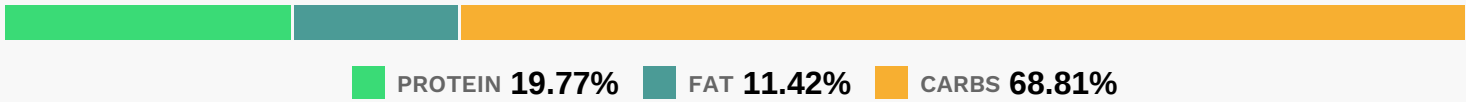
Equipment

- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Prepare Tomato Juice: Bring tomatoes and next 4 ingredients to a simmer in a large nonaluminum saucepan over medium heat; simmer 25 minutes or until mixture is soft. Cool 30 minutes. Process, in 2 batches, in a blender until smooth.
- ☐ Pour through a fine wire–mesh strainer into a container, discarding solids. Cover and chill 2 hours.
- ☐ Combine kosher salt and parsley. Rub rim of a glass with lime wedge; dip rim in salt mixture to coat. Muddle tomato and basil sprig against sides of glass to release flavors. Fill glass with ice. Stir in gin and 1/2 cup Garden Tomato Juice.
- ☐ Sprinkle with ground pepper.

Nutrition Facts



Properties

Glycemic Index:379.33, Glycemic Load:2.98, Inflammation Score:-10, Nutrition Score:48.630869741025%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Apigenin: 12.22mg, Apigenin: 12.22mg, Apigenin: 12.22mg, Apigenin: 12.22mg Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg, Luteolin: 1.38mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 14.63mg, Quercetin: 14.63mg, Quercetin: 14.63mg, Quercetin: 14.63mg

Nutrients (% of daily need)

Calories: 403.1kcal (20.15%), Fat: 4.03g (6.21%), Saturated Fat: 0.61g (3.79%), Carbohydrates: 54.68g (18.23%), Net Carbohydrates: 40.57g (14.75%), Sugar: 6.11g (6.78%), Cholesterol: 0mg (0%), Sodium: 8561.96mg (372.26%), Alcohol: 20.04g (100%), Alcohol %: 1.49% (100%), Protein: 15.71g (31.43%), Vitamin C: 149.62mg (181.36%), Folate: 481.37µg (120.34%), Potassium: 4125.09mg (117.86%), Vitamin K: 111.19µg (105.89%), Manganese: 2.08mg (103.83%), Vitamin B3: 17mg (84.98%), Copper: 1.53mg (76.45%), Fiber: 14.11g (56.43%), Phosphorus: 560.67mg (56.07%), Vitamin B6: 0.99mg (49.31%), Magnesium: 194.82mg (48.7%), Vitamin B2: 0.75mg (44.14%), Iron: 7.77mg (43.15%), Vitamin B1: 0.65mg (43.09%), Vitamin A: 1460.05IU (29.2%), Zinc: 4.3mg (28.64%), Calcium: 240.54mg (24.05%), Vitamin B5: 2mg (20.03%), Selenium: 6.37µg (9.1%), Vitamin E: 0.78mg (5.17%)