



Gauguin's Cure from 1534



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



3 min.

SERVINGS



1

CALORIES



241 kcal

BEVERAGE

DRINK

Ingredients

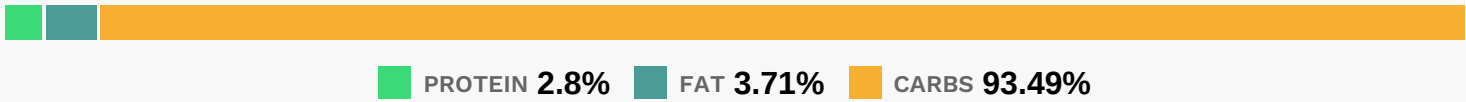
- ☐ 1 teaspoon allspice such as st. elizabeth allspice dram
- ☐ 0.5 ounce little demerara sugar (see notes)
- ☐ 2 ounces hendrick's gin (or similarly spiced gin)
- ☐ 0.8 ounce juice of lemon fresh
- ☐ 0.8 ounce pear puree fresh (is best, see note above)
- ☐ 1 small plums such as a gomphrena, for garnish (note: gomphrena not edible)

Equipment

Directions

- ☐ Combine gin, mango puree, lemon juice, and allspice liqueur in cocktail shaker.
- ☐ Add ice and shake until well chilled, about 15 seconds.
- ☐ Pour into coupe glass.
- ☐ Garnish with flower and serve.

Nutrition Facts



Properties

Glycemic Index:120.42, Glycemic Load:4.18, Inflammation Score:-6, Nutrition Score:4.0817390926506%

Flavonoids

Cyanidin: 3.74mg, Cyanidin: 3.74mg, Cyanidin: 3.74mg, Cyanidin: 3.74mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg, Epicatechin 3-gallate: 0.5mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 240.59kcal (12.03%), Fat: 0.49g (0.75%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 27.77g (9.26%), Net Carbohydrates: 26.01g (9.46%), Sugar: 24.06g (26.73%), Cholesterol: 0mg (0%), Sodium: 2.96mg (0.13%), Alcohol: 18.94g (100%), Alcohol %: 13.23% (100%), Protein: 0.83g (1.67%), Vitamin C: 23.02mg (27.91%), Vitamin A: 469.83IU (9.4%), Fiber: 1.76g (7.04%), Manganese: 0.13mg (6.29%), Potassium: 187.37mg (5.35%), Vitamin K: 5.12µg (4.87%), Copper: 0.09mg (4.44%), Folate: 17.42µg (4.35%), Vitamin B6: 0.06mg (2.95%), Magnesium: 11.01mg (2.75%), Vitamin E: 0.39mg (2.63%), Vitamin B3: 0.5mg (2.51%), Vitamin B1: 0.04mg (2.33%), Calcium: 22.5mg (2.25%), Iron: 0.38mg (2.11%), Phosphorus: 19.91mg (1.99%), Vitamin B2: 0.03mg (1.88%), Vitamin B5: 0.16mg (1.59%)