



Gin and Tonic



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



142 kcal

BEVERAGE

DRINK

Ingredients



2 ounce appropriate gin



1 serving ice cubes



2 lime wedges



4 ounce tonic water

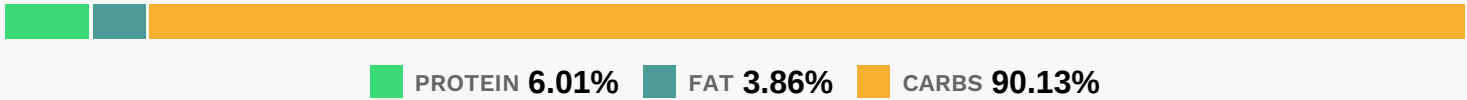
Equipment

Directions

- ☐
- Fill an old-fashioned glass with whole ice cubes.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:0.89, Inflammation Score:-3, Nutrition Score:1.4126086934753%

Flavonoids

Hesperetin: 15.48mg, Hesperetin: 15.48mg, Hesperetin: 15.48mg, Hesperetin: 15.48mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 141.77kcal (7.09%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 2.77g (1.01%), Sugar: 0.61g (0.68%), Cholesterol: 0mg (0%), Sodium: 9.76mg (0.42%), Alcohol: 18.94g (100%), Alcohol %: 9.16% (100%), Protein: 0.25g (0.5%), Vitamin C: 10.48mg (12.7%), Fiber: 1.01g (4.03%), Copper: 0.06mg (3.12%), Calcium: 16.96mg (1.7%), Iron: 0.24mg (1.33%), Potassium: 37.85mg (1.08%)