



Gin Plush

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

5 min.

SERVINGS

servings

1

CALORIES

calories

280 kcal

BEVERAGE

DRINK

Ingredients

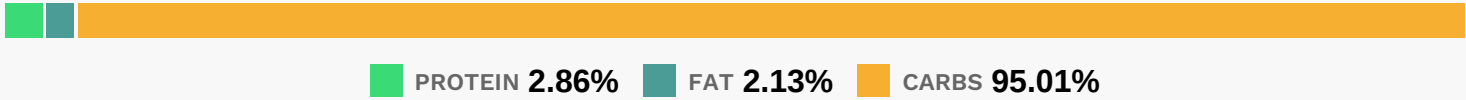
- ☐ 0.3 cup club soda chilled
- ☐ 0.3 cup hendrick's gin
- ☐ 0.3 cup guava nectar
- ☐ 4 ice cubes
- ☐ 0.3 cup orange juice
- ☐ 0.3 cup pineapple juice

Equipment

Directions

☐ Place ice cubes and all ingredients in a large cocktail glass. Stir together and serve immediately.

Nutrition Facts



Properties

Glycemic Index:113, Glycemic Load:6.73, Inflammation Score:-5, Nutrition Score:5.8360868867325%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 279.74kcal (13.99%), Fat: 0.23g (0.36%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 23.37g (7.79%), Net Carbohydrates: 22.5g (8.18%), Sugar: 18.86g (20.95%), Cholesterol: 0mg (0%), Sodium: 22.21mg (0.97%), Alcohol: 26.72g (100%), Alcohol %: 8.94% (100%), Protein: 0.7g (1.41%), Vitamin C: 49.26mg (59.71%), Manganese: 0.35mg (17.31%), Folate: 31.1µg (7.78%), Potassium: 227.33mg (6.5%), Vitamin B1: 0.1mg (6.45%), Copper: 0.11mg (5.4%), Vitamin B6: 0.09mg (4.54%), Magnesium: 16.93mg (4.23%), Fiber: 0.87g (3.48%), Vitamin A: 148.91IU (2.98%), Calcium: 26.03mg (2.6%), Vitamin B3: 0.49mg (2.46%), Vitamin B2: 0.04mg (2.12%), Vitamin B5: 0.2mg (2.04%), Phosphorus: 19.72mg (1.97%), Iron: 0.34mg (1.92%), Zinc: 0.21mg (1.41%)