

Gin Rickeys



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



108 kcal

BEVERAGE

DRINK

Ingredients



6 oz seltzer water chilled



6 tablespoons hendrick's gin



2 tablespoons juice of lime fresh



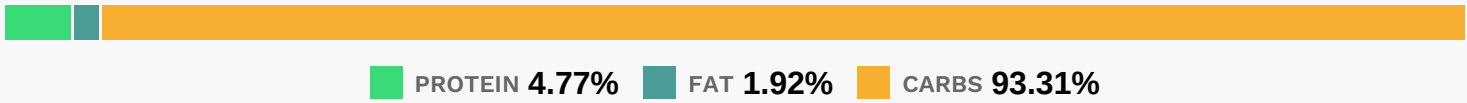
2 servings lime wedges

Equipment

Directions

Fill a cocktail shaker halfway with cracked ice, then add gin and lime juice. Shake 5 seconds, then strain into 2 tall (8- to 10-ounce) glasses filled with ice cubes. Top off drinks with club soda, then squeeze a lime wedge over each and drop into glass.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:0.57608695125774%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 108kcal (5.4%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 1.37g (0.46%), Net Carbohydrates: 1.28g (0.47%), Sugar: 0.27g (0.3%), Cholesterol: 0mg (0%), Sodium: 18.63mg (0.81%), Alcohol: 15.03g (100%), Alcohol %: 13.04% (100%), Protein: 0.07g (0.14%), Vitamin C: 4.79mg (5.81%)