



Greek 100 Key Lime Gin and Tonic

 Vegetarian  Gluten Free

READY IN



120 min.

SERVINGS



1

CALORIES



228 kcal

BEVERAGE

DRINK

Ingredients

- 2 oz hendrick's gin
- 5.3 oz greek yogurt yoplait®
- 1 lime wedges
- 6 oz water

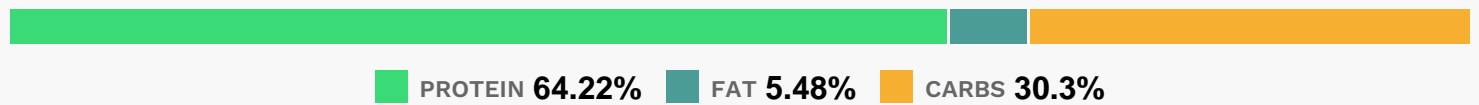
Equipment

- ice cube tray

Directions

- Place about 1 tablespoon yogurt into each of 3 sections of ice cube tray. Freeze about 2 hours or until firm. (Use remaining yogurt to make additional cubes, or cover and refrigerate for another use.)
- In highball glass, place 3 yogurt ice cubes.
- Add gin, followed by tonic water.
- Serve immediately with lime wedge.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:0.44, Inflammation Score:-3, Nutrition Score:6.680869632765%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 228.03kcal (11.4%), Fat: 0.59g (0.91%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 7.36g (2.45%), Net Carbohydrates: 6.86g (2.49%), Sugar: 5.22g (5.8%), Cholesterol: 7.51mg (2.5%), Sodium: 63.52mg (2.76%), Alcohol: 18.94g (100%), Alcohol %: 6.08% (100%), Protein: 15.6g (31.2%), Vitamin B2: 0.43mg (25.18%), Selenium: 14.95µg (21.35%), Phosphorus: 209.85mg (20.99%), Calcium: 177.82mg (17.78%), Vitamin B12: 1.05µg (17.53%), Potassium: 231.35mg (6.61%), Vitamin C: 5.24mg (6.35%), Zinc: 0.86mg (5.71%), Vitamin B5: 0.54mg (5.36%), Vitamin B6: 0.1mg (5.22%), Magnesium: 19.31mg (4.83%), Copper: 0.08mg (3.82%), Folate: 11.96µg (2.99%), Vitamin B1: 0.04mg (2.79%), Fiber: 0.5g (2.02%), Vitamin B3: 0.36mg (1.8%), Iron: 0.24mg (1.31%), Manganese: 0.03mg (1.26%)