

## Green Gin Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



153 kcal

BEVERAGE

DRINK

### Ingredients

- 1 stalks celery and mint sprigs
- 1 cup club soda cold
- 0.3 cup hendrick's gin
- 0.3 cup mint leaves
- 0.3 cup parsley leaves
- 2 tablespoons celery simple syrup

### Equipment

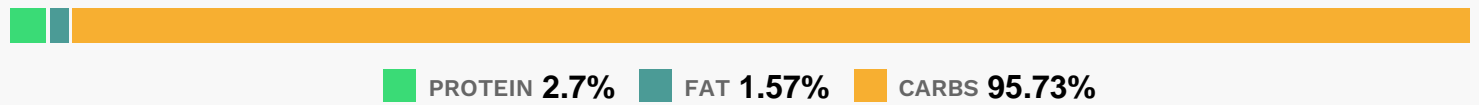
- wooden spoon

mortar and pestle

## Directions

- Using a wooden spoon or muddler, vigorously bruise parsley and mint leaves with gin in a cocktail shaker (or use a mortar and pestle, then scrape into shaker).
- Add simple syrup and strain into 2 small ice-filled glasses.
- Pour 1/2 cup club soda into each and stir.
- Garnish glasses with celery stalks and mint sprigs.

## Nutrition Facts



## Properties

Glycemic Index:23.5, Glycemic Load:0.07, Inflammation Score:-7, Nutrition Score:7.6352174055317%

## Flavonoids

Eriodictyol: 1.89mg, Eriodictyol: 1.89mg, Eriodictyol: 1.89mg, Eriodictyol: 1.89mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Apigenin: 16.49mg, Apigenin: 16.49mg, Apigenin: 16.49mg, Apigenin: 16.49mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 153.19kcal (7.66%), Fat: 0.12g (0.18%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 16.01g (5.34%), Net Carbohydrates: 15.28g (5.56%), Sugar: 14.7g (16.34%), Cholesterol: 0mg (0%), Sodium: 42.94mg (1.87%), Alcohol: 13.36g (100%), Alcohol %: 8.82% (100%), Protein: 0.45g (0.9%), Vitamin K: 123µg (117.14%), Vitamin A: 891.99IU (17.84%), Vitamin C: 11.92mg (14.45%), Iron: 1.52mg (8.47%), Manganese: 0.09mg (4.62%), Folate: 18.38µg (4.6%), Calcium: 33.75mg (3.37%), Magnesium: 11.83mg (2.96%), Fiber: 0.74g (2.95%), Vitamin B1: 0.04mg (2.66%), Potassium: 92.17mg (2.63%), Copper: 0.05mg (2.54%), Vitamin B2: 0.04mg (2.19%), Zinc: 0.32mg (2.14%), Phosphorus: 12.02mg (1.2%), Vitamin B3: 0.23mg (1.14%)