



Grilled Gin and Tonic



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



708 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 dashes angostura bitters
- ☐ 1 piece cucumber chopped
- ☐ 1 serving cucumber spear for garnish
- ☐ 4 ounces hendrick's gin such as tanqueray
- ☐ 1 serving ice cubes
- ☐ 2 slices lime thick
- ☐ 2 sprigs mint leaves
- ☐ 0.5 cup sugar

☐ 1 serving tonic water

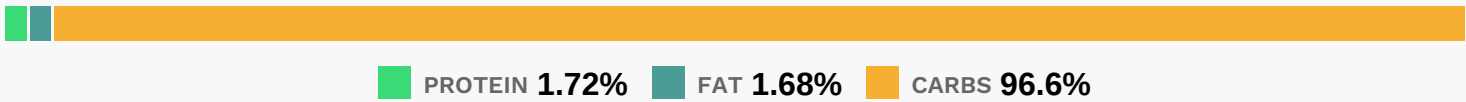
Equipment

- ☐ sauce pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the sugar and 1/2 cup water in a small saucepan over medium heat. When the sugar dissolves, turn off the heat, add the mint sprigs and let cool. Strain into a clean jar. Can be stored in the refrigerator for a week.
- ☐ Heat a grill pan and grill the lime slices on both sides, just until it gets nice grill marks but is still firm.
- ☐ Cut 1 lime slice into pieces and put it into the bottom of a cocktail shaker or mixing glass along with the chopped cucumber, bitters and 1 tablespoon mint simple syrup. Muddle to mash all the solids.
- ☐ Add ice to the glass and pour over the gin. Shake or stir to get the gin cold. Strain into a martini glass (or over ice in a tall glass) and top with a splash of tonic water.
- ☐ Garnish with the grilled lime slice and cucumber spear.

Nutrition Facts



Properties

Glycemic Index:147.09, Glycemic Load:70.81, Inflammation Score:-6, Nutrition Score:7.5221738452497%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 6.22mg, Hesperetin: 6.22mg, Hesperetin: 6.22mg, Hesperetin: 6.22mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 707.71kcal (35.39%), Fat: 0.85g (1.31%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 109.71g (36.57%), Net Carbohydrates: 107.05g (38.93%), Sugar: 104.71g (116.34%), Cholesterol: 0mg (0%), Sodium: 23.68mg (1.03%), Alcohol: 39.67g (100%), Alcohol %: 6.08% (100%), Protein: 1.95g (3.9%), Vitamin K: 21.76µg (20.72%), Vitamin C: 14.34mg (17.38%), Copper: 0.31mg (15.35%), Manganese: 0.27mg (13.44%), Potassium: 439.29mg (12.55%), Folate: 45.54µg (11.38%), Fiber: 2.66g (10.64%), Magnesium: 41.49mg (10.37%), Vitamin B6: 0.16mg (8.16%), Vitamin B5: 0.76mg (7.6%), Phosphorus: 71.73mg (7.17%), Vitamin B1: 0.11mg (7.06%), Vitamin B2: 0.11mg (6.29%), Vitamin A: 308.68IU (6.17%), Calcium: 61.4mg (6.14%), Iron: 0.94mg (5.24%), Zinc: 0.63mg (4.23%), Selenium: 0.96µg (1.37%)