

Hello

Hello Nancy- A Palm Springs Cocktail



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



228 kcal

BEVERAGE

DRINK

Ingredients

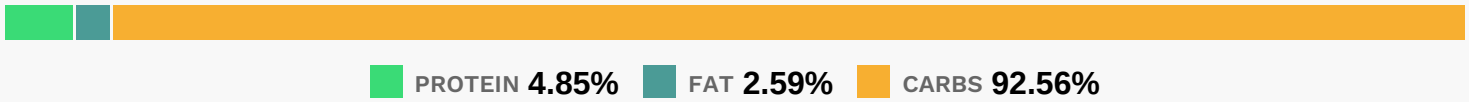
- ☐ 1 serving club soda as needed
- ☐ 1 pinch granulated sugar
- ☐ 2 ounce grapefruit juice freshly squeezed
- ☐ 1 serving ice cubes as needed
- ☐ 3 lemon wedges divided
- ☐ 0.5 ounce st. germain
- ☐ 2 ounce vodka

Equipment

Directions

- ☐
- Place 2 lemon wedges into a heavy-bottomed Collins glass.
- ☐
- Add a pinch of sugar and muddle until the juice is extracted. Fill the glass 3/4 full with medium ice cubes. Build the cocktail by adding vodka, St. Germain, and grapefruit juice. Top with club soda and gently stir.
- ☐
- Garnish with remaining lemon wedge.

Nutrition Facts



Properties

Glycemic Index:158.59, Glycemic Load:4.59, Inflammation Score:-5, Nutrition Score:3.7943478408067%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 228.07kcal (11.4%), Fat: 0.22g (0.34%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 17.82g (5.94%), Net Carbohydrates: 16.25g (5.91%), Sugar: 14.03g (15.59%), Cholesterol: 0mg (0%), Sodium: 5.8mg (0.25%), Alcohol: 18.94g (100%), Alcohol %: 10.02% (100%), Protein: 0.93g (1.87%), Vitamin C: 43.87mg (53.18%), Fiber: 1.57g (6.27%), Potassium: 166.98mg (4.77%), Iron: 0.56mg (3.09%), Magnesium: 10.56mg (2.64%), Vitamin B6: 0.04mg (2.16%), Calcium: 20.32mg (2.03%), Phosphorus: 17.71mg (1.77%), Folate: 7.07µg (1.77%), Copper: 0.03mg (1.74%), Vitamin B1: 0.02mg (1.63%), Vitamin B5: 0.16mg (1.59%), Vitamin B3: 0.22mg (1.12%)