



Herbaltini



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



12

CALORIES



174 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 servings mint leaves fresh rinsed
- ☐ 2.3 cups hendrick's gin chilled
- ☐ 1 cup juice of lime fresh chilled (from 7 limes)
- ☐ 24 mint sprigs fresh rinsed (4 in. each)
- ☐ 12 oz oranges chilled rinsed quartered
- ☐ 12 rosemary sprigs fresh rinsed (3 in. each)
- ☐ 1.5 cups soda water chilled
- ☐ 0.8 cup caster sugar

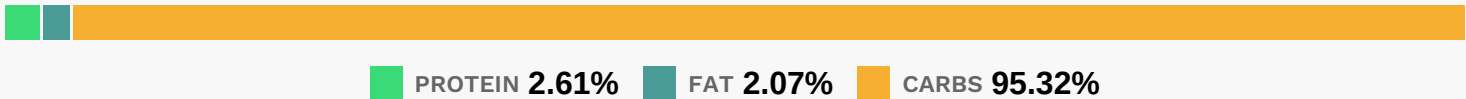
Equipment

- ☐ sieve
- ☐ wooden spoon

Directions

- ☐ In a 2 1/2- to 3-quart pitcher, combine mint sprigs, rosemary sprigs, and sugar. With a long-handled wooden spoon, muddle (or crush) the herbs and sugar together. Squeeze juice from oranges into pitcher, then drop quarters in. Press a few times with spoon to release oil from orange peels. Stir in gin, lime juice, and 1/2 cup ice water.
- ☐ Mix until sugar is dissolved.
- ☐ Serve (see step 2), or cover and chill up to 4 hours (see notes). If using martini glasses, chill in freezer.
- ☐ To serve, slowly pour chilled soda water into the pitcher, down the side. Stir gently to blend.
- ☐ Pour through a strainer into chilled martini glasses or ice-filled glasses. Float a mint leaf on top of each.
- ☐ Serve at once.

Nutrition Facts



Properties

Glycemic Index:10.63, Glycemic Load:9.86, Inflammation Score:-5, Nutrition Score:2.8352174328073%

Flavonoids

Eriodictyol: 1.37mg, Eriodictyol: 1.37mg, Eriodictyol: 1.37mg, Eriodictyol: 1.37mg Hesperetin: 9.84mg, Hesperetin: 9.84mg, Hesperetin: 9.84mg, Hesperetin: 9.84mg Naringenin: 4.67mg, Naringenin: 4.67mg, Naringenin: 4.67mg, Naringenin: 4.67mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 173.85kcal (8.69%), Fat: 0.17g (0.27%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 17g (6.18%), Sugar: 15.47g (17.18%), Cholesterol: 0mg (0%), Sodium: 8.38mg (0.36%), Alcohol: 15.03g (100%), Alcohol %: 13.65% (100%), Protein: 0.5g (0.99%), Vitamin C: 22.3mg (27.04%), Vitamin A: 230.55IU (4.61%), Fiber: 1.14g (4.57%), Folate: 15.03µg (3.76%), Manganese: 0.06mg (3.22%), Potassium: 100.4mg (2.87%), Calcium: 26.23mg (2.62%), Vitamin B1: 0.04mg (2.35%), Copper: 0.04mg (2.16%), Magnesium: 8.05mg (2.01%), Vitamin B2: 0.03mg (1.65%), Iron: 0.29mg (1.63%), Vitamin B6: 0.03mg (1.62%), Phosphorus: 11.44mg (1.14%), Vitamin B5: 0.11mg (1.14%)