



Herbaltinis



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



316 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups seltzer water chilled
- ☐ 2.3 cups hendrick's gin chilled
- ☐ 1 cup juice of lime fresh chilled (from 7 limes)
- ☐ 96 inches mint leaves
- ☐ 8 servings mint leaves
- ☐ 12 ounces cranberry-orange relish chilled quartered
- ☐ 36 inches rosemary
- ☐ 0.8 cup caster sugar

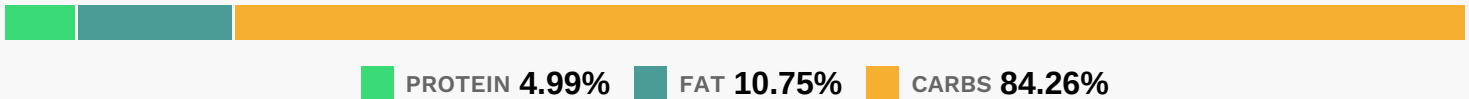
Equipment

- ☐ sieve
- ☐ wooden spoon

Directions

- ☐ In a 2 1/2- to 3-quart pitcher, combine mint and rosemary sprigs and sugar. With a long-handled wooden spoon, muddle (or crush) herbs and sugar together. Squeeze juice from oranges into the pitcher, then drop quarters in. Press a few times with a spoon to release oil from orange peels. Stir in gin, lime juice, and 1/2 cup ice water.
- ☐ Mix until sugar is dissolved. If using martini glasses, chill in the freezer.
- ☐ To serve, slowly pour chilled club soda into pitcher, pouring 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. Make ahead: Up to 4 hours, chilled in a pitcher; however, since crushed mint turns dark after about 20 minutes, strain the mixture just before guests arrive, return it to the pitcher, and add a handful of fresh mint leaves.

Nutrition Facts



Properties

Glycemic Index:24.7, Glycemic Load:16.51, Inflammation Score:-10, Nutrition Score:13.999565097949%

Flavonoids

Eriodictyol: 10.4mg, Eriodictyol: 10.4mg, Eriodictyol: 10.4mg, Eriodictyol: 10.4mg Hesperetin: 17.5mg, Hesperetin: 17.5mg, Hesperetin: 17.5mg, Hesperetin: 17.5mg Naringenin: 6.63mg, Naringenin: 6.63mg, Naringenin: 6.63mg, Naringenin: 6.63mg Apigenin: 1.7mg, Apigenin: 1.7mg, Apigenin: 1.7mg, Apigenin: 1.7mg Luteolin: 4.07mg, Luteolin: 4.07mg, Luteolin: 4.07mg, Luteolin: 4.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 315.53kcal (15.78%), Fat: 2.17g (3.34%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 38.25g (12.75%), Net Carbohydrates: 29.72g (10.81%), Sugar: 23.2g (25.78%), Cholesterol: 0mg (0%), Sodium: 26.26mg (1.14%), Alcohol:

22.55g (100%), Alcohol %: 11.6% (100%), Protein: 2.27g (4.53%), Vitamin C: 48.7mg (59.03%), Vitamin A: 1805.61IU (36.11%), Fiber: 8.53g (34.12%), Manganese: 0.61mg (30.65%), Iron: 5.05mg (28.07%), Calcium: 246.45mg (24.65%), Folate: 86.76µg (21.69%), Magnesium: 57.45mg (14.36%), Vitamin B6: 0.28mg (13.86%), Potassium: 403.25mg (11.52%), Copper: 0.21mg (10.59%), Vitamin B2: 0.16mg (9.44%), Vitamin B1: 0.13mg (8.88%), Zinc: 0.85mg (5.64%), Phosphorus: 43.87mg (4.39%), Vitamin B3: 0.82mg (4.11%), Vitamin B5: 0.25mg (2.5%), Selenium: 0.88µg (1.26%)