

## Hugging Thyme

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



1

CALORIES



239 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 large egg whites
- 1 serving ice cubes
- 1 serving optional: lemon for garnish
- 1 ounce juice of lemon freshly squeezed
- 0.8 ounce st. germain
- 2 teaspoons freshly tea dry
- 5 thyme sprigs
- 2 ounces vodka

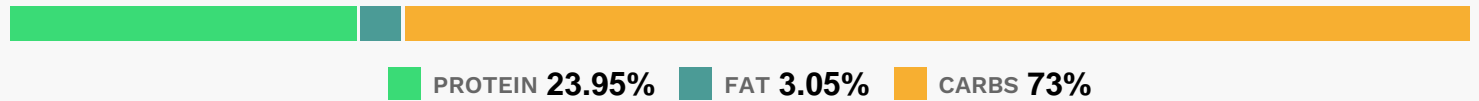
# Equipment

- frying pan
- sieve

# Directions

- Place a cocktail glass in the freezer to chill.
- Place 4 of the thyme sprigs in a dry frying pan over medium heat and toast until fragrant, about 4 to 5 minutes. Muddle the toasted thyme, tea leaves, and lemon juice in a cocktail shaker until the thyme is gently crushed, about 5 seconds.
- Add the elderflower liqueur, egg white, and vodka, plus enough ice to fill about halfway. Close and shake until frosty, about 20 seconds.
- Pour through a fine-mesh strainer into the chilled glass and garnish with the lemon twist and remaining thyme sprig.

# Nutrition Facts



# Properties

Glycemic Index:85.5, Glycemic Load:0.35, Inflammation Score:-10, Nutrition Score:3.9834783064282%

# Flavonoids

Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.58mg, Epicatechin 3-gallate: 0.58mg, Epicatechin 3-gallate: 0.58mg, Epicatechin 3-gallate: 0.58mg Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg Theaflavin: 0.16mg, Theaflavin: 0.16mg, Theaflavin: 0.16mg, Theaflavin: 0.16mg Thearubigins: 8.01mg, Thearubigins: 8.01mg, Thearubigins: 8.01mg, Thearubigins: 8.01mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 6.06mg, Hesperetin: 6.06mg, Hesperetin: 6.06mg, Hesperetin: 6.06mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 2.4mg, Luteolin: 2.4mg, Luteolin: 2.4mg, Luteolin: 2.4mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Theaflavin-3,3'-digallate: 0.17mg, Theaflavin-3,3'-digallate: 0.17mg, Theaflavin-3,3'-digallate: 0.17mg, Theaflavin-3,3'-digallate: 0.17mg

Theaflavin-3,3'-digallate: 0.17mg Theaflavin-3'-gallate: 0.15mg, Theaflavin-3'-gallate: 0.15mg, Theaflavin-3'-gallate: 0.15mg, Theaflavin-3'-gallate: 0.15mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

## **Nutrients (% of daily need)**

Calories: 238.8kcal (11.94%), Fat: 0.23g (0.35%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 12.35g (4.12%), Net Carbohydrates: 11.37g (4.13%), Sugar: 9.3g (10.33%), Cholesterol: 0mg (0%), Sodium: 59.32mg (2.58%), Alcohol: 18.94g (100%), Alcohol %: 11.05% (100%), Protein: 4.05g (8.1%), Vitamin C: 22.69mg (27.5%), Vitamin B2: 0.18mg (10.55%), Selenium: 6.66µg (9.51%), Manganese: 0.12mg (5.83%), Iron: 0.97mg (5.4%), Vitamin A: 240.79IU (4.82%), Fiber: 0.98g (3.92%), Magnesium: 14.75mg (3.69%), Potassium: 127.31mg (3.64%), Copper: 0.06mg (2.9%), Calcium: 27.76mg (2.78%), Folate: 10.5µg (2.63%), Vitamin B6: 0.04mg (1.88%), Phosphorus: 16.57mg (1.66%), Vitamin B5: 0.13mg (1.35%), Vitamin B1: 0.02mg (1.08%)