



Irish Jig



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



148 kcal

BEVERAGE

DRINK

Ingredients

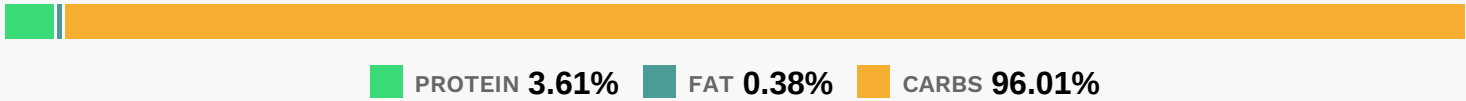
- ☐ 0.3 ounce curacao blue
- ☐ 1 ounce hendrick's gin
- ☐ 1 serving ginger ale
- ☐ 1 juice of lime
- ☐ 0.7 ounce jigger melon liqueur

Equipment

Directions

- ☐ Pour all ingredients, except the ginger ale, into a shaker. Shake, then strain into a glass with ice and fill with ginger ale. Stir.
- ☐ Garnish with a wedge of lime.

Nutrition Facts



Properties

Glycemic Index:78, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:0.84695651187845%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 147.79kcal (7.39%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 11.76g (4.28%), Sugar: 9.13g (10.15%), Cholesterol: 0mg (0%), Sodium: 0.95mg (0.04%), Alcohol: 15.46g (100%), Alcohol %: 22.34% (100%), Protein: 0.45g (0.89%), Vitamin C: 9mg (10.91%), Potassium: 35.68mg (1.02%)