



José's Gin & Tonic



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



151 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 ounces hendrick's gin (preferably Hendrick's)
- ☐ 3 juniper berries
- ☐ 1 optional: lemon
- ☐ 1 strip lemon zest
- ☐ 1 lime
- ☐ 3 ounces water

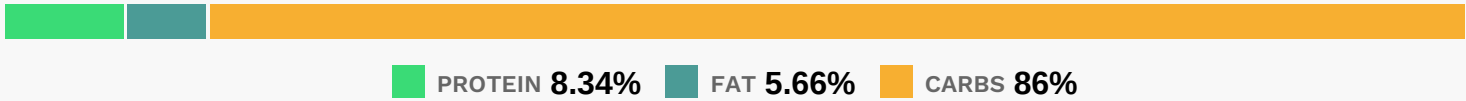
Equipment

- ☐ peeler

Directions

- ☐ Combine 1 lime wheel, 1 strip lemon zest (removed with a vegetable peeler), 1 lemon verbena leaf, 3 juniper berries, and 1 oversize ice cube in a stemless wineglass or goblet.
- ☐ Add 1 1/2 ounces gin (preferably Hendrick's), then 3–4 ounces tonic water; stir to combine.

Nutrition Facts



Properties

Glycemic Index:72.5, Glycemic Load:3.45, Inflammation Score:-6, Nutrition Score:7.6704347600108%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 58.94mg, Hesperetin: 58.94mg, Hesperetin: 58.94mg, Hesperetin: 58.94mg Naringenin: 2.87mg, Naringenin: 2.87mg, Naringenin: 2.87mg, Naringenin: 2.87mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 151.47kcal (7.57%), Fat: 0.51g (0.79%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 17.52g (5.84%), Net Carbohydrates: 12.41g (4.51%), Sugar: 3.92g (4.35%), Cholesterol: 0mg (0%), Sodium: 8.3mg (0.36%), Alcohol: 14.2g (100%), Alcohol %: 5.9% (100%), Protein: 1.7g (3.4%), Vitamin C: 79.32mg (96.14%), Fiber: 5.11g (20.45%), Potassium: 221.43mg (6.33%), Iron: 1.08mg (6.02%), Vitamin B6: 0.12mg (5.95%), Calcium: 55.42mg (5.54%), Copper: 0.11mg (5.39%), Vitamin B1: 0.07mg (4.47%), Folate: 17.5µg (4.38%), Vitamin B5: 0.36mg (3.57%), Magnesium: 13.81mg (3.45%), Phosphorus: 31.28mg (3.13%), Manganese: 0.05mg (2.27%), Vitamin B2: 0.04mg (2.25%), Vitamin E: 0.31mg (2.1%), Vitamin B3: 0.26mg (1.28%), Vitamin A: 58.26IU (1.17%), Zinc: 0.17mg (1.13%), Selenium: 0.71µg (1.02%)