

Knudson's Knasty Habit

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



214 kcal

BEVERAGE

DRINK

Ingredients

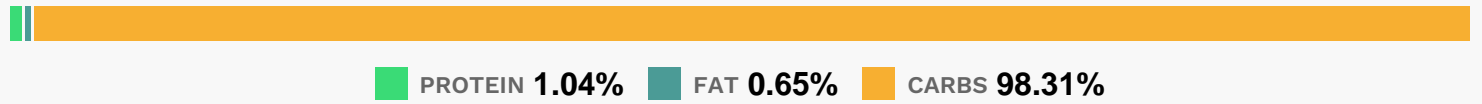
- 1 dash angostura bitters
- 2 fluid ounces hendrick's gin such as tanqueray®
- 2 cups ice cubes
- 0.5 fluid ounce juice of lemon fresh
- 2 fluid ounces lemon lime soda (sic)
- 1 lime for garnish
- 0.5 fluid ounce juice of lime fresh
- 0.5 fluid ounce simple syrup glaze to taste

Equipment

Directions

- Fill a cocktail shaker with ice.
- Pour in gin, lemon juice, lime juice, simple syrup, and dash of bitters. Cover and shake rapidly. Strain into a highball glass full of ice.
- Pour in lemon and lime spritzer and stir.
- Garnish with the lime slice. Unleash the monkey.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:1.7517391167905%

Flavonoids

Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg Hesperetin: 6.48mg, Hesperetin: 6.48mg, Hesperetin: 6.48mg, Hesperetin: 6.48mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 214.44kcal (10.72%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 20.44g (6.81%), Net Carbohydrates: 20.14g (7.32%), Sugar: 17.72g (19.69%), Cholesterol: 0mg (0%), Sodium: 39.32mg (1.71%), Alcohol: 20.2g (100%), Alcohol %: 3.98% (100%), Caffeine: 8.87mg (2.96%), Protein: 0.22g (0.43%), Vitamin C: 12.19mg (14.78%), Copper: 0.1mg (5.1%), Iron: 0.63mg (3.53%), Magnesium: 9.29mg (2.32%), Calcium: 22.57mg (2.26%), Vitamin B1: 0.03mg (2.14%), Potassium: 50.76mg (1.45%), Folate: 5µg (1.25%), Fiber: 0.3g (1.2%)