



Lavender French 75



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



1009 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 ounces sparkling wine
- ☐ 2 ounces hendrick's gin
- ☐ 0.5 teaspoon culinary lavender buds dried
- ☐ 1 ounce lavender syrup
- ☐ 0.5 ounce juice of lemon
- ☐ 1 cup sugar
- ☐ 1 cup water

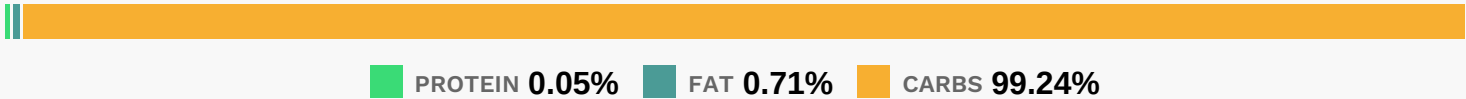
Equipment

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine lavender, water, and sugar in a small saucepan.
- ☐ Heat over high heat until boiling, stirring to dissolve sugar. Reduce to a simmer and continue to cook for 10 minutes.
- ☐ Remove from heat and let cool. Strain through a fine mesh strainer. Lavender syrup will keep for one week in a sealed container in the refrigerator.
- ☐ To make the cocktail: Fill a Collins or tall rocks glass 3/4 full of ice.
- ☐ Add the lavender syrup, gin and lemon juice and gently stir. Top off with Champagne or sparkling wine.

Nutrition Facts



Properties

Glycemic Index:185.09, Glycemic Load:158.59, Inflammation Score:-2, Nutrition Score:1.393478271106%

Flavonoids

Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 1009.08kcal (50.45%), Fat: 0.7g (1.08%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 220.09g (73.36%), Net Carbohydrates: 220.04g (80.02%), Sugar: 213.81g (237.56%), Cholesterol: 0mg (0%), Sodium: 26.16mg (1.14%), Alcohol: 22.57g (100%), Alcohol %: 4.81% (100%), Protein: 0.11g (0.23%), Vitamin C: 5.79mg (7.01%), Copper: 0.08mg (3.98%), Vitamin B2: 0.05mg (2.99%), Magnesium: 10.02mg (2.51%), Iron: 0.42mg (2.36%), Calcium: 22.25mg (2.23%), Potassium: 77.57mg (2.22%), Selenium: 1.5µg (2.14%), Phosphorus: 13.04mg (1.3%), Zinc: 0.16mg (1.04%)