

Leland Palmer



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



311 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup seltzer water chilled
- ☐ 0.8 cup hendrick's gin
- ☐ 0.5 cup grapefruit juice fresh
- ☐ 0.5 cup honey
- ☐ 6 servings ice cubes
- ☐ 6 optional: lemon (for garnish)
- ☐ 0.8 cup juice of lemon fresh
- ☐ 0.8 cup limoncello

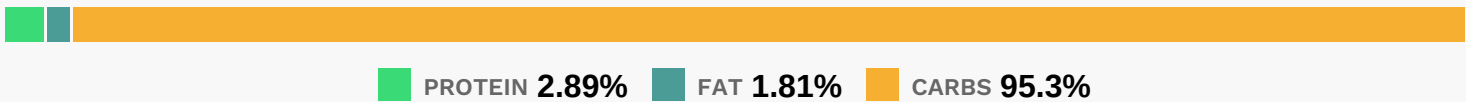
- ☐ 3 cups freshly tea cooled brewed
- ☐ 0.5 cup water hot

Equipment

Directions

- ☐ Stir honey and 1/2 cup hot water in small bowl until honey dissolves. Cool completely.
- ☐ Combine honeywater, jasmine tea, gin, limoncello, lemon juice, and grapefruit juice in large pitcher.
- ☐ Add club soda and stir to blend. Fill six 1-pint mason jars or 6 tall glasses with ice cubes. Divide the mixture among jars; top each with lemon slice.
- ☐ * Limoncello, a lemon-flavored liqueur, can be found at many supermarkets, at Trader Joe's markets, and at liquor stores.

Nutrition Facts



Properties

Glycemic Index: 23.46, Glycemic Load: 14.97, Inflammation Score: -8, Nutrition Score: 7.5669563930968%

Flavonoids

Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epigallocatechin: 9.5mg, Epigallocatechin: 9.5mg, Epigallocatechin: 9.5mg, Epigallocatechin: 9.5mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg Epicatechin 3-gallate: 6.91mg, Epicatechin 3-gallate: 6.91mg, Epicatechin 3-gallate: 6.91mg, Epicatechin 3-gallate: 6.91mg Epigallocatechin 3-gallate: 11.04mg, Epigallocatechin 3-gallate: 11.04mg, Epigallocatechin 3-gallate: 11.04mg, Epigallocatechin 3-gallate: 11.04mg Theaflavin: 1.86mg, Theaflavin: 1.86mg, Theaflavin: 1.86mg, Theaflavin: 1.86mg Thearubigins: 95.93mg, Thearubigins: 95.93mg, Thearubigins: 95.93mg, Thearubigins: 95.93mg Eriodictyol: 24.56mg, Eriodictyol: 24.56mg, Eriodictyol: 24.56mg, Eriodictyol: 24.56mg Hesperetin: 34.55mg, Hesperetin: 34.55mg, Hesperetin: 34.55mg, Hesperetin: 34.55mg Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg Gallocatechin: 1.48mg, Gallocatechin: 1.48mg, Gallocatechin: 1.48mg, Gallocatechin: 1.48mg

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Nutrients (% of daily need)

Calories: 310.62kcal (15.53%), Fat: 0.42g (0.64%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 49.43g (16.48%), Net Carbohydrates: 46.24g (16.81%), Sugar: 40.17g (44.63%), Cholesterol: 0mg (0%), Sodium: 19.89mg (0.86%), Alcohol: 19.49g (100%), Alcohol %: 5.16% (100%), Caffeine: 23.6mg (7.87%), Protein: 1.5g (2.99%), Vitamin C: 74.48mg (90.27%), Manganese: 0.32mg (16.14%), Fiber: 3.19g (12.77%), Potassium: 272.05mg (7.77%), Folate: 24.84µg (6.21%), Vitamin B6: 0.11mg (5.38%), Iron: 0.91mg (5.05%), Magnesium: 17.69mg (4.42%), Copper: 0.09mg (4.38%), Calcium: 37.42mg (3.74%), Vitamin B1: 0.05mg (3.49%), Vitamin B2: 0.05mg (3.21%), Vitamin B5: 0.3mg (2.97%), Phosphorus: 25.39mg (2.54%), Zinc: 0.24mg (1.63%), Vitamin E: 0.21mg (1.39%), Vitamin B3: 0.23mg (1.16%)