



Lemon-Thyme Cocktails



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



573 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup sugar
- ☐ 1 cup water
- ☐ 6 sprigs thyme sprigs fresh
- ☐ 2 tablespoons lemon zest grated (from 2 lemons)
- ☐ 1 sprig thyme sprigs fresh
- ☐ 2.5 oz vodka
- ☐ 3 oz 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 1 oz simple syrup glaze (above)

- ☐ 0.5 oz pear liqueur orange-flavored
- ☐ 1 serving ice cubes
- ☐ 1 optional: lemon thin
- ☐ 1 sprig thyme sprigs fresh

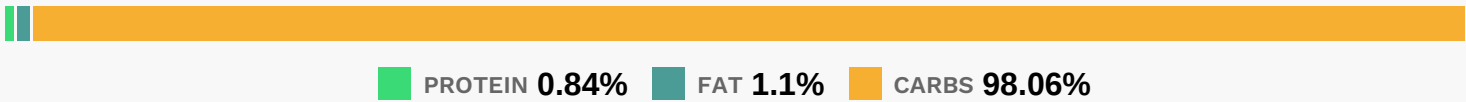
Equipment

- ☐ sauce pan

Directions

- ☐ In 1-quart saucepan, heat lemon-thyme simple syrup ingredients over low heat until sugar is dissolved.
- ☐ Let stand 15 minutes. Strain to remove thyme and lemon peel. Use within 2 days.
- ☐ Place 1 sprig fresh thyme in cocktail shaker.
- ☐ Add vodka, cranberry juice, 1 oz of the lemon-thyme simple syrup and liqueur; muddle thyme with back of spoon.
- ☐ Add ice; place lid on shaker, and shake until cold and blended. Strain into 2 martini glasses.
- ☐ Garnish with lemon slice and sprig of thyme.

Nutrition Facts



Properties

Glycemic Index:150.8, Glycemic Load:73.78, Inflammation Score:-10, Nutrition Score:5.7856522072916%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 2.84mg, Luteolin: 2.84mg, Luteolin: 2.84mg, Luteolin: 2.84mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 573.14kcal (28.66%), Fat: 0.62g (0.96%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 124.91g (41.64%), Net Carbohydrates: 122.16g (44.42%), Sugar: 119.68g (132.98%), Cholesterol: 0mg (0%), Sodium: 19.54mg (0.85%), Alcohol: 14.7g (100%), Alcohol %: 4.55% (100%), Protein: 1.07g (2.14%), Vitamin C: 46.72mg (56.63%), Fiber: 2.75g (11%), Iron: 1.74mg (9.67%), Copper: 0.11mg (5.39%), Calcium: 48.91mg (4.89%), Vitamin A: 224.06IU (4.48%), Vitamin B6: 0.09mg (4.48%), Manganese: 0.09mg (4.45%), Potassium: 152.51mg (4.36%), Magnesium: 17.05mg (4.26%), Vitamin B2: 0.07mg (4.24%), Vitamin E: 0.61mg (4.04%), Vitamin B1: 0.05mg (3.41%), Folate: 8.95µg (2.24%), Phosphorus: 22.03mg (2.2%), Vitamin K: 2.17µg (2.07%), Zinc: 0.21mg (1.43%), Selenium: 1µg (1.43%), Vitamin B5: 0.14mg (1.38%), Vitamin B3: 0.2mg (1.02%)