



## Lemon-Thyme Cocktails

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



549 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 3 oz 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 1 sprig thyme sprigs fresh
- ☐ 6 sprigs thyme sprigs fresh
- ☐ 2 servings ice cubes
- ☐ 1 optional: lemon thin
- ☐ 2 tablespoons lemon zest grated (from 2 lemons)
- ☐ 1 oz lemon thyme (above)
- ☐ 0.5 oz pear liqueur orange-flavored

- ☐ 1 cup sugar
- ☐ 2.5 oz vodka
- ☐ 1 cup water

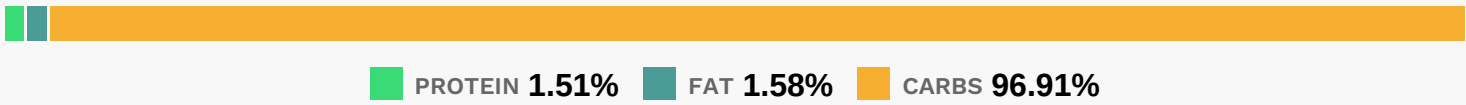
## Equipment

- ☐ 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:74.42, Inflammation Score:-10, Nutrition Score:9.9956521158633%

## 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: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 9.02mg, Luteolin: 9.02mg, Luteolin: 9.02mg, Luteolin: 9.02mg 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: 548.82kcal (27.44%), Fat: 0.85g (1.31%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 117.89g (39.3%), Net Carbohydrates: 113.22g (41.17%), Sugar: 109.3g (121.45%), Cholesterol: 0mg (0%), Sodium: 13.95mg (0.61%), Alcohol:

14.7g (100%), Alcohol %: 4.26% (100%), Protein: 1.83g (3.67%), Vitamin C: 68.61mg (83.17%), Iron: 3.62mg (20.09%), Fiber: 4.66g (18.66%), Vitamin A: 873.74IU (17.47%), Manganese: 0.32mg (16.2%), Calcium: 103.29mg (10.33%), Magnesium: 37.79mg (9.45%), Copper: 0.19mg (9.27%), Vitamin B2: 0.13mg (7.53%), Vitamin B6: 0.14mg (6.86%), Potassium: 226.86mg (6.48%), Vitamin E: 0.61mg (4.04%), Folate: 15.1µg (3.77%), Phosphorus: 35.4mg (3.54%), Zinc: 0.44mg (2.92%), Vitamin B1: 0.04mg (2.62%), Vitamin B3: 0.44mg (2.2%), Vitamin K: 2.17µg (2.07%), Vitamin B5: 0.19mg (1.94%), Selenium: 0.9µg (1.29%)