



Lemon Verbena Gimlet Cocktails

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



202 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup torn verbena leaves
- 0.8 cup club soda chilled
- 0.8 cup hendrick's gin dry
- 0.3 cup juice of lime fresh (2 limes)
- 0.3 cup sugar
- 1 cup water

Equipment

- bowl

- frying pan
- sauce pan
- sieve

Directions

- Combine 1 cup water and sugar in a small saucepan. Rub torn verbena to bruise; add to pan. Bring sugar mixture to a boil, stirring gently as needed to dissolve sugar evenly; cook 30 seconds.
- Remove from heat; cool completely. Strain mixture through a sieve over a bowl; discard solids.
- Combine sugar mixture, gin, soda, and juice.
- Serve over ice.
- Garnish with verbena sprigs and lime slices, if desired.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:8.73, Inflammation Score:-7, Nutrition Score:8.8526088517645%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 202.14kcal (10.11%), Fat: 1.29g (1.98%), Saturated Fat: 0.34g (2.11%), Carbohydrates: 24.81g (8.27%), Net Carbohydrates: 20.86g (7.59%), Sugar: 12.73g (14.15%), Cholesterol: 0mg (0%), Sodium: 16.55mg (0.72%), Alcohol: 15.03g (100%), Alcohol %: 9.98% (100%), Protein: 1.19g (2.38%), Manganese: 1.22mg (60.97%), Iron: 6.4mg (35.56%), Vitamin A: 922.12IU (18.44%), Fiber: 3.95g (15.8%), Vitamin C: 11.41mg (13.83%), Vitamin B6: 0.26mg (13.17%), Calcium: 129.56mg (12.96%), Folate: 28.13µg (7.03%), Magnesium: 19.99mg (5%), Copper: 0.09mg (4.4%), Zinc: 0.63mg (4.19%), Vitamin B2: 0.07mg (4.04%), Potassium: 97.96mg (2.8%), Phosphorus: 20.63mg (2.06%), Vitamin B3: 0.32mg (1.62%)