

Lucy Basilia



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



363 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 leaves herbs like: thym



1 blackberries ripe



1 serving seltzer water



5 basil fresh



1 ounce honey



2 ounces honey



0.8 ounce juice of lemon freshly squeezed



1.5 ounce vodka

☐ 1 ounce water

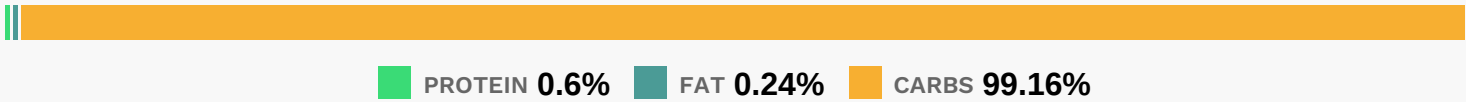
Equipment

☐ drinking straws

Directions

- ☐ Mix honey and warm water to make honey syrup. You will have enough honey syrup for 3 drinks.
- ☐ Gently muddle the blackberry and basil in a cocktail shaker.
- ☐ Add vodka, honey syrup, and lemon juice. Fill with ice and shake for 15 seconds. Strain into a pint glass filled with fresh ice. Top with club soda, garnish, and serve with a straw.

Nutrition Facts



Properties

Glycemic Index:284.55, Glycemic Load:36.58, Inflammation Score:-3, Nutrition Score:2.3617391430813%

Flavonoids

Cyanidin: 2mg, Cyanidin: 2mg, Cyanidin: 2mg, Cyanidin: 2mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 362.89kcal (18.14%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 71.81g (23.94%), Net Carbohydrates: 71.43g (25.97%), Sugar: 70.47g (78.3%), Cholesterol: 0mg (0%), Sodium: 5.79mg (0.25%), Alcohol: 14.2g (100%), Alcohol %: 9.85% (100%), Protein: 0.44g (0.87%), Vitamin C: 9.52mg (11.54%), Vitamin K: 10.77µg (10.26%), Manganese: 0.11mg (5.61%), Copper: 0.06mg (2.79%), Vitamin A: 137.43IU (2.75%), Iron: 0.47mg (2.61%), Vitamin B2: 0.04mg (2.41%), Potassium: 77.19mg (2.21%), Folate: 8.15µg (2.04%), Vitamin B6: 0.03mg (1.73%), Zinc: 0.23mg (1.55%), Fiber: 0.38g (1.52%), Magnesium: 5.27mg (1.32%), Calcium: 12.28mg (1.23%), Selenium:

0.72μg (1.02%)