

Minted Gin Froths



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



153 kcal

BEVERAGE

DRINK

Ingredients

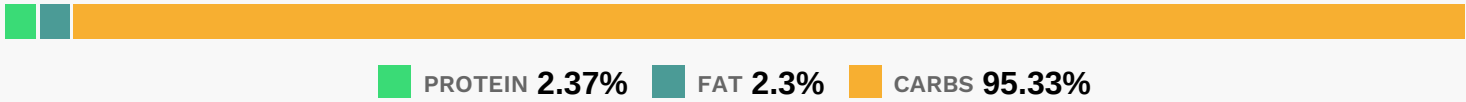
- ☐ 1 tablespoon agave nectar
- ☐ 1 ounce hendrick's gin
- ☐ 2.5 ounces lime seltzer chilled
- ☐ 2 mint sprigs

Equipment

Directions

- ☐
- Crush mint sprigs with your fingers; place into an ice-filled rocks glass.
- ☐
- Pour gin, chilled lime seltzer, and agave nectar, stirring well; serve immediately.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:4.15, Inflammation Score:-4, Nutrition Score:3.6517391386239%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 30.68mg, Hesperetin: 30.68mg, Hesperetin: 30.68mg, Hesperetin: 30.68mg Naringenin: 2.41mg, Naringenin: 2.41mg, Naringenin: 2.41mg, Naringenin: 2.41mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 153.25kcal (7.66%), Fat: 0.25g (0.39%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 23.78g (7.93%), Net Carbohydrates: 21.6g (7.85%), Sugar: 15.48g (17.2%), Cholesterol: 0mg (0%), Sodium: 3.16mg (0.14%), Alcohol: 9.47g (100%), Alcohol %: 9.82% (100%), Protein: 0.59g (1.18%), Vitamin C: 24.83mg (30.1%), Fiber: 2.19g (8.75%), Vitamin K: 5.15µg (4.9%), Vitamin B6: 0.08mg (4.12%), Folate: 14.25µg (3.56%), Vitamin B1: 0.05mg (3.35%), Vitamin B2: 0.06mg (3.25%), Iron: 0.56mg (3.09%), Copper: 0.06mg (3.02%), Calcium: 28.46mg (2.85%), Potassium: 85.08mg (2.43%), Vitamin A: 120.4IU (2.41%), Vitamin E: 0.36mg (2.41%), Manganese: 0.04mg (1.77%), Vitamin B3: 0.32mg (1.62%), Vitamin B5: 0.16mg (1.61%), Phosphorus: 15.56mg (1.56%), Magnesium: 6.06mg (1.52%)