



Monkey Gland Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



164 kcal

BEVERAGE

DRINK

Ingredients

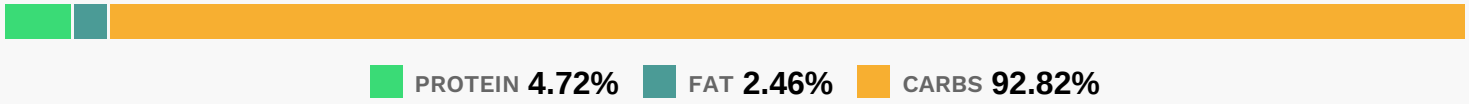
- ☐ 2 fluid ounces hendrick's gin
- ☐ 2 dashes grenadine syrup
- ☐ 1.5 cups ice cubes
- ☐ 1 fluid ounce orange juice fresh
- ☐ 3 inch orange peel
- ☐ 0.1 teaspoon pernod

Equipment

Directions

- ☐
- Fill a cocktail shaker with ice.
- ☐
- Pour in gin, orange juice, Pernod, and grenadine. Shake well and strain into a chilled glass.
- ☐
- Garnish with a twist of orange peel.

Nutrition Facts



Properties

Glycemic Index:167, Glycemic Load:2.91, Inflammation Score:-4, Nutrition Score:2.6273912851415%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.53mg, Hesperetin: 3.53mg, Hesperetin: 3.53mg, Hesperetin: 3.53mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 164.32kcal (8.22%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 6.32g (2.11%), Net Carbohydrates: 5.45g (1.98%), Sugar: 3.41g (3.79%), Cholesterol: 0mg (0%), Sodium: 19.41mg (0.84%), Alcohol: 19.99g (100%), Alcohol %: 5.58% (100%), Protein: 0.32g (0.64%), Vitamin C: 25.15mg (30.48%), Copper: 0.09mg (4.49%), Fiber: 0.87g (3.47%), Folate: 11.16µg (2.79%), Calcium: 26.29mg (2.63%), Vitamin B1: 0.04mg (2.62%), Potassium: 77.05mg (2.2%), Magnesium: 8.56mg (2.14%), Vitamin A: 91.14IU (1.82%), Vitamin B6: 0.03mg (1.29%), Vitamin B2: 0.02mg (1.08%)