

Negroni Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



214 kcal

BEVERAGE

DRINK

Ingredients



0.8 ounce campari



1.2 ounce london gin dry



1 orange twist



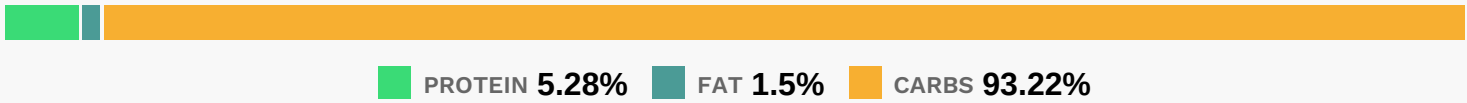
0.8 ounce vermouth sweet

Equipment

Directions

Pour all the liquid ingredients into a cocktail shaker half filled with cracked ice. Shake well,then strain into a chilled cocktail glass and garnish with a twist of orange peel.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:5.23, Inflammation Score:-7, Nutrition Score:6.9256522940553%

Flavonoids

Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 213.93kcal (10.7%), Fat: 0.16g (0.24%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 21.99g (7.33%), Net Carbohydrates: 18.85g (6.85%), Sugar: 12.25g (13.61%), Cholesterol: 0mg (0%), Sodium: 0.34mg (0.01%), Alcohol: 18.21g (100%), Alcohol %: 11.12% (100%), Protein: 1.25g (2.49%), Vitamin C: 69.69mg (84.48%), Fiber: 3.14g (12.58%), Folate: 39.3µg (9.82%), Vitamin B1: 0.12mg (7.73%), Potassium: 237.79mg (6.79%), Vitamin A: 294.75IU (5.89%), Calcium: 52.4mg (5.24%), Vitamin B6: 0.08mg (3.95%), Copper: 0.07mg (3.3%), Magnesium: 13.1mg (3.28%), Vitamin B5: 0.33mg (3.28%), Vitamin B2: 0.05mg (3.16%), Phosphorus: 19.7mg (1.97%), Manganese: 0.04mg (1.94%), Vitamin B3: 0.37mg (1.87%), Vitamin E: 0.24mg (1.57%)