

Orange-Cranberry Gin and Tonic

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



136 kcal

BEVERAGE

DRINK

Ingredients

- 1 tablespoon cranberries fresh
- 3 tablespoons hendrick's gin
- 1 cup ice cubes
- 1 tablespoon orange juice fresh
- 1 strip orange zest (2-inch)
- 1 teaspoon sugar
- 0.3 cup water

Equipment

Directions

- Muddle orange rind strip, fresh cranberries, and sugar in a cocktail shaker.
- Add ice cubes, gin, and fresh orange juice. Cover with lid, and shake vigorously until thoroughly chilled (about 30 seconds).
- Pour into an 8-oz. glass; top with tonic water.
- Serve immediately.
- *Frozen cranberries, thawed, may be substituted.

Nutrition Facts

PROTEIN 2.58% **FAT 1.88%** **CARBS 95.54%**

Properties

Glycemic Index:182.09, Glycemic Load:4.25, Inflammation Score:-3, Nutrition Score:1.8117391564276%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 7.27mg, Peonidin: 7.27mg, Peonidin: 7.27mg, Peonidin: 7.27mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 135.74kcal (6.79%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 7.25g (2.64%), Sugar: 6.05g (6.72%), Cholesterol: 0mg (0%), Sodium: 15.8mg (0.69%), Alcohol: 15.03g (100%), Alcohol %: 5.03% (100%), Protein: 0.22g (0.43%), Vitamin C: 13.29mg (16.11%), Copper: 0.07mg (3.73%), Manganese: 0.06mg (3.19%), Fiber: 0.78g (3.11%), Magnesium: 6.15mg (1.54%), Calcium: 15.19mg (1.52%), Vitamin B1: 0.02mg (1.48%), Folate: 5.85µg (1.46%), Potassium: 51.05mg (1.46%), Vitamin E: 0.21mg (1.38%), Vitamin A: 51.27IU (1.03%)