



Palm Springs Parsley Punch



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



730 kcal

BEVERAGE

DRINK

Ingredients



0.3 cup hendrick's gin



1.5 cups granulated sugar



2 servings ice cubes for serving



1 juice of lemon



1 small bunch parsley sprigs fresh



0.3 cup vodka



2 cups water

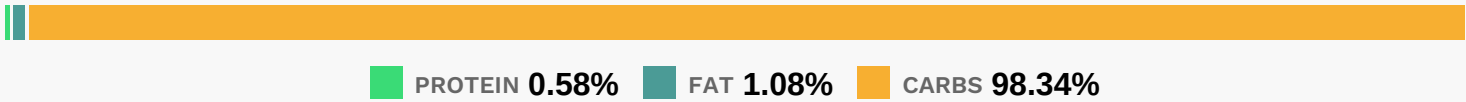
Equipment

☐ sauce pan

Directions

- ☐ Bring the sugar and water to a boil in a small saucepan over high heat and simmer until reduced by 1/
- ☐ Add the parsley and let steep for at least 30 minutes, then strain and refrigerate the syrup until ready to use.
- ☐ To make the cocktail, pour 1/2 cup parsley syrup with the vodka, gin, lemon juice in a shaker with ice. Shake vigorously. Strain the cocktail into pint glasses filled to the brim with ice cubes.

Nutrition Facts



Properties

Glycemic Index:66.05, Glycemic Load:104.99, Inflammation Score:-9, Nutrition Score:11.65869560449%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 61.41mg, Apigenin: 61.41mg, Apigenin: 61.41mg, Apigenin: 61.41mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 4.23mg, Myricetin: 4.23mg, Myricetin: 4.23mg, Myricetin: 4.23mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 729.66kcal (36.48%), Fat: 0.74g (1.14%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 152.24g (50.75%), Net Carbohydrates: 151.25g (55%), Sugar: 150.32g (167.02%), Cholesterol: 0mg (0%), Sodium: 32.84mg (1.43%), Alcohol: 20.04g (100%), Alcohol %: 4.65% (100%), Protein: 0.9g (1.8%), Vitamin K: 467.4µg (445.14%), Vitamin C: 43.71mg (52.98%), Vitamin A: 2401.74IU (48.03%), Folate: 46.32µg (11.58%), Iron: 1.87mg (10.38%), Copper: 0.11mg (5.57%), Potassium: 177.24mg (5.06%), Calcium: 50.51mg (5.05%), Magnesium: 18.08mg (4.52%), Fiber: 0.99g (3.94%), Vitamin B2: 0.06mg (3.65%), Manganese: 0.06mg (2.94%), Zinc: 0.37mg (2.46%), Vitamin B1: 0.03mg (2.09%), Phosphorus: 20.43mg (2.04%), Vitamin B3: 0.39mg (1.95%), Vitamin B6: 0.03mg (1.64%), Vitamin E: 0.24mg (1.58%), Selenium: 0.94µg (1.35%), Vitamin B5: 0.13mg (1.34%)