



Pomegranate Gin Sling



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



117 kcal

BEVERAGE

DRINK

Ingredients

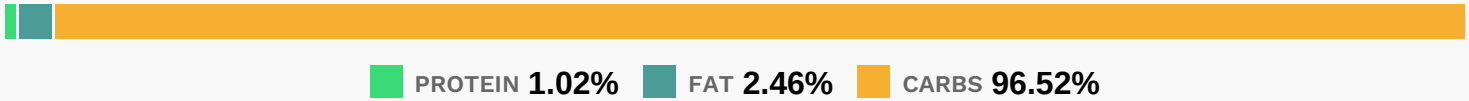
- ☐ 0.3 cup hendrick's gin
- ☐ 2 slices lime
- ☐ 1 teaspoon juice of lime fresh
- ☐ 0.3 cup pomegranate juice chilled
- ☐ 8 pomegranate seeds
- ☐ 1 tablespoon simple syrup glaze

Equipment

Directions

- ☐ Combine first 4 ingredients; divide evenly between 2 chilled glasses; divide seeds between glasses.
- ☐ Garnish with lime slices.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:0.42, Inflammation Score:-1, Nutrition Score:1.1182608633586%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 117.25kcal (5.86%), Fat: 0.14g (0.22%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 12.23g (4.45%), Sugar: 11.85g (13.17%), Cholesterol: 0mg (0%), Sodium: 9.09mg (0.4%), Alcohol: 10.02g (100%), Alcohol %: 16.15% (100%), Protein: 0.13g (0.26%), Vitamin K: 3.91µg (3.73%), Potassium: 86.89mg (2.48%), Iron: 0.42mg (2.35%), Folate: 9.32µg (2.33%), Manganese: 0.04mg (2.01%), Vitamin C: 1.48mg (1.79%), Vitamin B1: 0.02mg (1.54%), Copper: 0.02mg (1.12%), Vitamin B5: 0.11mg (1.09%)