



Prime Thyme Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



144 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 ounce hendrick's gin (according to preference)
- ☐ 0.5 teaspoon granulated sugar
- ☐ 0.8 ounce juice of lemon freshly squeezed
- ☐ 1 dash miracle mile yuzu bitters

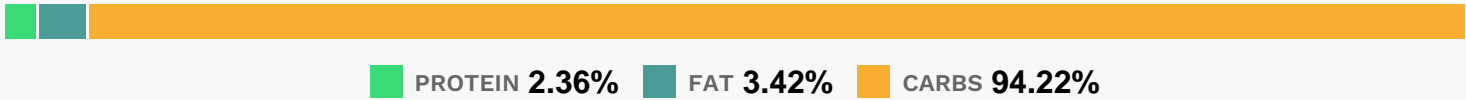
Equipment

- ☐ sieve

Directions

- ☐ In a sturdy, thick-bottomed pint glass from a Boston shaker, use a bar muddler to crush 3 sprigs thyme, ginger, sugar and lemon juice until the ginger is smashed and the thyme is well bruised; about 10 seconds.
- ☐ Pour the gin or vodka into the mixture; swirl or stir lightly until sugar is fully dissolved.Fill the metal part of a Boston shaker 2/3 full with medium ice cubes.
- ☐ Pour the muddled gin or vodka mixture (including solids) over the ice, then cap the shaker with the pint glass. Shake vigorously until well chilled; about 20 seconds. Uncap the pint glass and use a Hawthorn strainer to strain the liquid from the shaker into a chilled cocktail or coupe glass; it's fine if bits of thyme and ginger are included in the pour.
- ☐ Garnish with remaining thyme sprig and a lemon chip; its oil expressed onto the surface and rubbed onto the rim then dropped on top. Finish the cocktail with a dash of bitters, if using.

Nutrition Facts



Properties

Glycemic Index:85.09, Glycemic Load:1.4, Inflammation Score:-2, Nutrition Score:0.70826085089989%

Flavonoids

Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 143.65kcal (7.18%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 3.47g (1.26%), Sugar: 2.55g (2.83%), Cholesterol: 0mg (0%), Sodium: 0.81mg (0.04%), Alcohol: 18.94g (100%), Alcohol %: 29.65% (100%), Protein: 0.09g (0.18%), Vitamin C: 8.52mg (10.32%), Folate: 4.25µg (1.06%)