

Ramos Gin Fizz



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



298 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 egg whites
- ☐ 1.5 ounces hendrick's gin (such as Taaka or Tanqueray)
- ☐ 2 ounces half and half
- ☐ 1 ounce lemon lime soda
- ☐ 1 serving cranberry-orange relish for garnish
- ☐ 0.5 ounce orange-flower water
- ☐ 1 tablespoons karo syrup
- ☐ 0.1 teaspoon vanilla extract

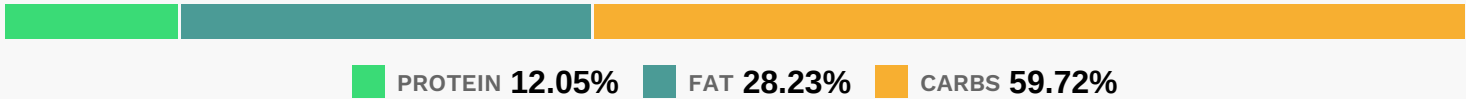
Equipment

☐ immersion blender

Directions

- ☐ In bottom part of cocktail shaker, combine first 6 ingredients. Blend with stick or immersion blender for 30 seconds. Partly fill highball or old-fashioned glass with three or four large ice cubes.
- ☐ Pour in drink. Top with soda.
- ☐ Garnish with orange wedge.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:3.6, Inflammation Score:-6, Nutrition Score:7.4978261460429%

Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 298.49kcal (14.92%), Fat: 6.68g (10.28%), Saturated Fat: 4g (25%), Carbohydrates: 31.79g (10.6%), Net Carbohydrates: 29.63g (10.78%), Sugar: 26.42g (29.36%), Cholesterol: 19.84mg (6.61%), Sodium: 102.6mg (4.46%), Alcohol: 14.38g (100%), Alcohol %: 6.43% (100%), Caffeine: 4.25mg (1.42%), Protein: 6.42g (12.83%), Vitamin C: 48.39mg (58.65%), Vitamin B2: 0.28mg (16.46%), Selenium: 8.26µg (11.81%), Calcium: 113.39mg (11.34%), Fiber: 2.16g (8.64%), Potassium: 288.52mg (8.24%), Vitamin A: 403.21IU (8.06%), Folate: 29.9µg (7.48%), Phosphorus: 72.7mg (7.27%), Vitamin B1: 0.1mg (6.61%), Magnesium: 18.31mg (4.58%), Vitamin B5: 0.45mg (4.46%), Vitamin B6: 0.08mg (4.22%), Copper: 0.06mg (3.09%), Vitamin B12: 0.13µg (2.25%), Zinc: 0.31mg (2.09%), Vitamin E: 0.3mg (2.02%), Vitamin B3: 0.36mg (1.8%), Manganese: 0.04mg (1.76%)