

Ramos Gin Fizz



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



173 kcal

BEVERAGE

DRINK

Ingredients

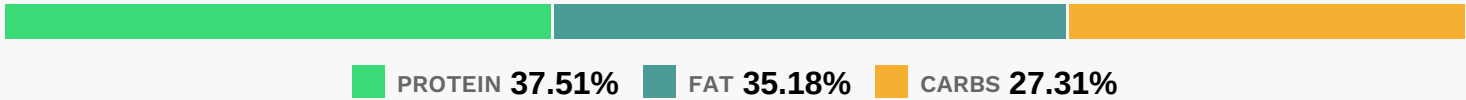
- ☐ 1 large egg whites
- ☐ 2 ounces hendrick's gin
- ☐ 0.5 ounce half and half
- ☐ 1 cup ice cubes
- ☐ 0.5 ounce juice of lemon fresh
- ☐ 0.5 ounce juice of lime fresh
- ☐ 1 dash orange-flower water (3 to 4 drops)
- ☐ 1 ounce seltzer water

Equipment

Directions

- ☐ *Also called orange flower water; available in liquor stores and in the specialty foods section of some supermarkets.
- ☐ In large cocktail shaker, combine gin, orange blossom water, egg white, half-and-half, lemon juice, lime juice, and simple syrup. Shake vigorously for 25 seconds.
- ☐ Add ice and shake for 30 seconds more.
- ☐ Strain mixture into 8-ounce glass. Slowly pour soda water down inside edge of shaker to loosen remaining froth. Gently ease soda water/froth mix onto drink and serve.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:2.5165217544722%

Flavonoids

Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 3.32mg, Hesperetin: 3.32mg, Hesperetin: 3.32mg, Hesperetin: 3.32mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 173.37kcal (8.67%), Fat: 1.73g (2.66%), Saturated Fat: 1g (6.27%), Carbohydrates: 3.02g (1.01%), Net Carbohydrates: 2.92g (1.06%), Sugar: 1.42g (1.57%), Cholesterol: 4.96mg (1.65%), Sodium: 82.2mg (3.57%), Alcohol: 18.94g (100%), Alcohol %: 6.03% (100%), Protein: 4.15g (8.3%), Vitamin C: 9.87mg (11.96%), Vitamin B2: 0.18mg (10.52%), Selenium: 7.08µg (10.12%), Copper: 0.07mg (3.32%), Potassium: 105.39mg (3.01%), Calcium: 28.83mg (2.88%), Magnesium: 9.68mg (2.42%), Phosphorus: 23.8mg (2.38%), Folate: 6µg (1.5%), Vitamin B5: 0.14mg (1.4%), Vitamin A: 58.12IU (1.16%), Vitamin B6: 0.02mg (1.06%), Vitamin B1: 0.02mg (1.06%), Zinc: 0.16mg (1.06%)