



Ramos Gin Fizz



Vegetarian



Gluten Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



268 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 fluid ounce club soda cold or as needed
- ☐ 1 egg white
- ☐ 2 fluid ounces hendrick's gin
- ☐ 2 fluid ounces half-and-half cold
- ☐ 1.5 cups ice cubes
- ☐ 0.5 fluid ounce juice of lemon
- ☐ 0.5 fluid ounce juice of lime
- ☐ 3 dashes orange-flower water

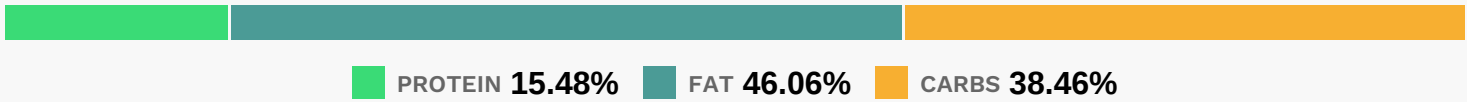
- ☐ 1 dash vanilla extract
- ☐ 2 teaspoons sugar white

Equipment

Directions

- ☐ Fill a cocktail shaker with ice.
- ☐ Pour in gin, half and half, lemon juice, and lime juice.
- ☐ Add sugar, egg white, orange flower water, and vanilla extract. Shake vigorously; rest a second, then shake a little more. Strain into a tall cocktail glass. Top off with club soda.

Nutrition Facts



Properties

Glycemic Index:85.09, Glycemic Load:5.58, Inflammation Score:-4, Nutrition Score:3.891739162414%

Flavonoids

Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg Hesperetin: 3.47mg, Hesperetin: 3.47mg, Hesperetin: 3.47mg, Hesperetin: 3.47mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 267.72kcal (13.39%), Fat: 6.92g (10.65%), Saturated Fat: 4.16g (26.03%), Carbohydrates: 13.01g (4.34%), Net Carbohydrates: 12.9g (4.69%), Sugar: 11.27g (12.53%), Cholesterol: 20.7mg (6.9%), Sodium: 110.95mg (4.82%), Alcohol: 19.79g (100%), Alcohol %: 4.37% (100%), Protein: 5.24g (10.47%), Vitamin B2: 0.25mg (14.99%), Vitamin C: 10.69mg (12.96%), Selenium: 7.97µg (11.39%), Calcium: 80.55mg (8.06%), Phosphorus: 66.31mg (6.63%), Potassium: 161.57mg (4.62%), Copper: 0.09mg (4.51%), Vitamin A: 217.64IU (4.35%), Magnesium: 15.14mg (3.79%), Vitamin B5: 0.27mg (2.66%), Zinc: 0.35mg (2.32%), Vitamin B12: 0.14µg (2.32%), Vitamin B6: 0.04mg (2.21%), Vitamin B1: 0.03mg (1.98%), Folate: 7.41µg (1.85%), Vitamin E: 0.2mg (1.35%)