



Raspberry-Rose Gin Rickey



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



289 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup hendrick's gin
- ☐ 3 cups ice cubes crushed
- ☐ 0.5 cup juice of lime fresh
- ☐ 3 cups raspberries fresh
- ☐ 0.3 teaspoon rosewater (scant)
- ☐ 0.5 cup sugar

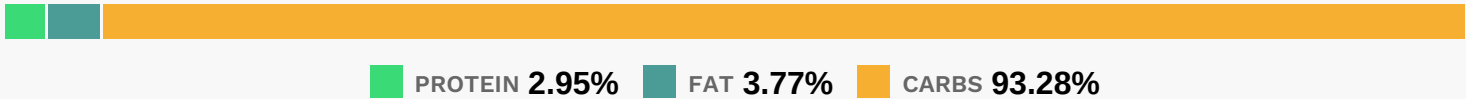
Equipment

- ☐ bowl

Directions

- ☐ Mix first 5 ingredients in bowl.
- ☐ Let stand 1 hour at room temperature, occasionally stirring and crushing some of berries.
- ☐ Place 3/4 cup ice in each of 4 glasses. Top each with 3/4 cup raspberry mixture.

Nutrition Facts



Properties

Glycemic Index:27.77, Glycemic Load:18.72, Inflammation Score:-5, Nutrition Score:6.9308696155963%

Flavonoids

Cyanidin: 41.19mg, Cyanidin: 41.19mg, Cyanidin: 41.19mg, Cyanidin: 41.19mg Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.88mg, Pelargonidin: 0.88mg, Pelargonidin: 0.88mg, Pelargonidin: 0.88mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg, Epicatechin: 3.17mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 289.21kcal (14.46%), Fat: 0.69g (1.06%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 38.16g (12.72%), Net Carbohydrates: 32.19g (11.7%), Sugar: 29.44g (32.71%), Cholesterol: 0mg (0%), Sodium: 11.23mg (0.49%), Alcohol: 20.04g (100%), Alcohol %: 6.63% (100%), Protein: 1.21g (2.41%), Vitamin C: 32.65mg (39.58%), Manganese: 0.62mg (31.01%), Fiber: 5.97g (23.88%), Vitamin K: 7.2µg (6.86%), Copper: 0.13mg (6.6%), Magnesium: 23.99mg (6%), Vitamin E: 0.85mg (5.66%), Folate: 21.92µg (5.48%), Potassium: 172.99mg (4.94%), Iron: 0.68mg (3.8%), Vitamin B5: 0.33mg (3.33%), Phosphorus: 32.74mg (3.27%), Calcium: 32.31mg (3.23%), Vitamin B6: 0.06mg (3.08%), Zinc: 0.45mg (2.98%), Vitamin B3: 0.59mg (2.94%), Vitamin B2: 0.05mg (2.7%), Vitamin B1: 0.04mg (2.66%)