



Rhubarb Collins



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



546 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces hendrick's gin
- ☐ 1 ounce juice of lemon
- ☐ 4 ounce rhubarb trimmed cut into 1/2 -inch pieces (3/4 cup total)
- ☐ 2 ounces seltzer water chilled
- ☐ 0.5 cup sugar

Equipment

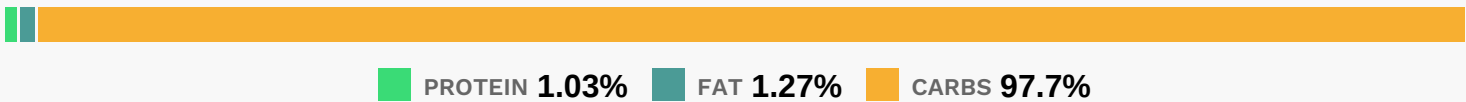
- ☐ bowl
- ☐ pot

☐ sieve

Directions

- ☐ In a small pot, combine the rhubarb and sugar with 3/4 cup water and bring to a boil. Reduce the heat to moderately low and simmer until slightly thickened and bright pink in color, about 20 minutes.
- ☐ Let the syrup cool then pour through a fine-mesh sieve set over a bowl. Press down gently and discard the solids. DO AHEAD: The rhubarb simple syrup can be made in advance and stored in an airtight container in the refrigerator for up to 1 week.
- ☐ In a cocktail shaker, combine 1 ounce of the rhubarb simple syrup with the gin and lemon juice. Fill the shaker with ice and shake vigorously until completely mixed, about 20 seconds. Strain into a highball glass and top with Champagne or soda water.

Nutrition Facts



Properties

Glycemic Index:98.09, Glycemic Load:70.21, Inflammation Score:-4, Nutrition Score:5.6817391851674%

Flavonoids

Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg Hesperetin: 4.1mg, Hesperetin: 4.1mg, Hesperetin: 4.1mg, Hesperetin: 4.1mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 546.03kcal (27.3%), Fat: 0.61g (0.95%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 106.7g (35.57%), Net Carbohydrates: 104.58g (38.03%), Sugar: 101.76g (113.07%), Cholesterol: 0mg (0%), Sodium: 18.29mg (0.8%), Alcohol: 18.94g (100%), Alcohol %: 6.76% (100%), Protein: 1.12g (2.24%), Vitamin K: 33.23µg (31.64%), Vitamin C: 20.04mg (24.29%), Manganese: 0.24mg (12.02%), Calcium: 103.06mg (10.31%), Potassium: 360.05mg (10.29%), Fiber: 2.13g (8.5%), Magnesium: 15.88mg (3.97%), Vitamin B2: 0.06mg (3.5%), Folate: 13.61µg (3.4%), Selenium: 1.88µg (2.68%), Copper: 0.05mg (2.53%), Vitamin A: 117.37IU (2.35%), Vitamin E: 0.35mg (2.32%), Vitamin B1: 0.03mg (2.19%), Vitamin B6: 0.04mg (2.04%), Phosphorus: 20.41mg (2.04%), Iron: 0.35mg (1.95%), Vitamin B3: 0.37mg (1.87%), Zinc: 0.22mg (1.45%), Vitamin B5: 0.13mg (1.34%)