



Rhubarb Gin & Tonic



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



109 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 teaspoon angostura bitters fine
- ☐ 1 ounce hendrick's gin
- ☐ 1 scoop ice cubes
- ☐ 1 unknown stalk rhubarb and/or lemon verbena for garnish

Equipment

Directions

- ☐
- Pour bitters into a Collins style glass, swirl to coat and discard the excess. Fill the glass ½ way with ice cubes.
- ☐
- Combine gin, tonic, rhubarb juice and simple syrup. Stir.
- ☐
- Garnish with rhubarb and or lemon verbena.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:1.8, Inflammation Score:-5, Nutrition Score:5.1013042473275%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 108.71kcal (5.44%), Fat: 0.32g (0.5%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 11.22g (3.74%), Net Carbohydrates: 8.19g (2.98%), Sugar: 3.03g (3.36%), Cholesterol: 0mg (0%), Sodium: 2.49mg (0.11%), Alcohol: 10.59g (100%), Alcohol %: 9.6% (100%), Protein: 1.19g (2.38%), Vitamin C: 57.24mg (69.38%), Fiber: 3.02g (12.1%), Vitamin B6: 0.09mg (4.33%), Potassium: 149.61mg (4.27%), Iron: 0.66mg (3.66%), Vitamin B1: 0.04mg (2.99%), Folate: 11.88µg (2.97%), Calcium: 28.11mg (2.81%), Copper: 0.05mg (2.3%), Magnesium: 8.65mg (2.16%), Vitamin B5: 0.21mg (2.05%), Manganese: 0.04mg (1.88%), Phosphorus: 18.41mg (1.84%), Vitamin B2: 0.02mg (1.34%), Vitamin E: 0.16mg (1.08%)