

## Rhubarb Sparkler



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



931 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 1.5 ounces hendrick's gin
- ☐ 1 slice lime (for garnish)
- ☐ 0.5 ounce juice of lime
- ☐ 1 ounce rhubarb
- ☐ 2 cups rhubarb sliced
- ☐ 1 cup sugar
- ☐ 1 cup water

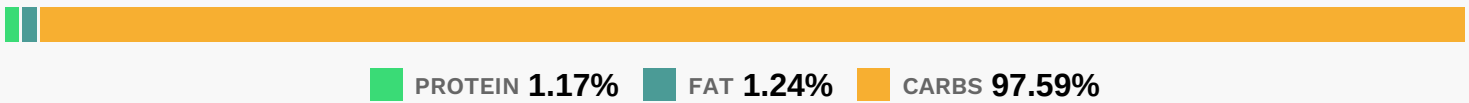
### Equipment

- ☐ sauce pan
- ☐ sieve
- ☐ drinking straws

## Directions

- ☐ Combine rhubarb, water, and sugar in a small saucepan.
- ☐ Heat over high heat until boiling, stirring to dissolve sugar. Reduce to a simmer and continue to cook until rhubarb breaks down, about 20 minutes.
- ☐ Remove from heat and let cool. Strain through a fine mesh strainer. Rhubarb syrup will keep for one week in a sealed container in the refrigerator.
- ☐ Combine rhubarb syrup, lime juice, and gin in a cocktail shaker filled with ice. Shake for 10 seconds.
- ☐ Strain into a collins glass filled with ice. Top with seltzer water.
- ☐ Garnish with lime slice and serve with a straw.

## Nutrition Facts



## Properties

Glycemic Index:143.09, Glycemic Load:140.76, Inflammation Score:-5, Nutrition Score:12.054347898649%

## Flavonoids

Catechin: 5.91mg, Catechin: 5.91mg, Catechin: 5.91mg, Catechin: 5.91mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Epicatechin 3-gallate: 1.63mg, Epicatechin 3-gallate: 1.63mg, Epicatechin 3-gallate: 1.63mg, Epicatechin 3-gallate: 1.63mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 4.28mg, Hesperetin: 4.28mg, Hesperetin: 4.28mg, Hesperetin: 4.28mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 931.07kcal (46.55%), Fat: 1.21g (1.86%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 213.49g (71.16%), Net Carbohydrates: 208.34g (75.76%), Sugar: 202.95g (225.5%), Cholesterol: 0mg (0%), Sodium: 25.57mg (1.11%), Alcohol: 14.2g (100%), Alcohol %: 2.33% (100%), Protein: 2.56g (5.12%), Vitamin K: 79.93µg (76.12%), Vitamin C: 28.08mg (34.03%), Manganese: 0.55mg (27.63%), Calcium: 247.61mg (24.76%), Potassium: 812.94mg (23.23%), Fiber: 5.16g (20.62%), Magnesium: 36.6mg (9.15%), Vitamin B2: 0.12mg (7.35%), Copper: 0.13mg (6.32%), Selenium:

4.24µg (6.05%), Vitamin A: 288.38IU (5.77%), Folate: 21.04µg (5.26%), Vitamin E: 0.78mg (5.21%), Phosphorus: 43.07mg (4.31%), Iron: 0.77mg (4.28%), Vitamin B3: 0.86mg (4.28%), Vitamin B1: 0.06mg (4.18%), Vitamin B6: 0.07mg (3.71%), Vitamin B5: 0.26mg (2.64%), Zinc: 0.35mg (2.35%)