



Royal Gin and Tonic

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



219 kcal

BEVERAGE

DRINK

Ingredients

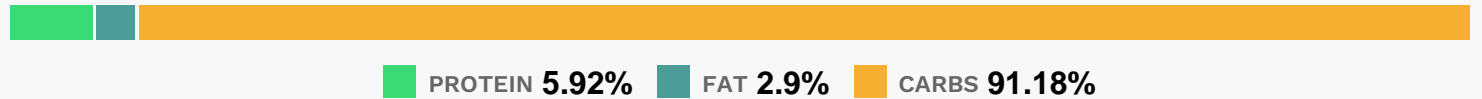
- 1 cup champagne
- 1.3 cups hendrick's gin
- 4 cups ice cubes
- 4 lime wedges
- 4 servings lime wedges
- 2 cups water

Equipment

Directions

- Place 4 glasses in the freezer to chill. Before serving, rub the inside of each glass with a lime wedge. For each drink, pour 1/3 cup gin, 1/2 cup tonic water, and 1 cup ice cubes in a martini shaker. Shake once or twice. Strain into a glass just until the liquid is about 2 inches below the brim (do not overfill). Top each cocktail with 1/4 cup Champagne.
- Serve immediately with skewered lime wedges.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.47, Inflammation Score:-4, Nutrition Score:1.3308695483467%

Flavonoids

Hesperetin: 8.17mg, Hesperetin: 8.17mg, Hesperetin: 8.17mg, Hesperetin: 8.17mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 219.41kcal (10.97%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.03%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 2.15g (0.78%), Sugar: 1g (1.11%), Cholesterol: 0mg (0%), Sodium: 23.05mg (1%), Alcohol: 30.5g (100%), Alcohol %: 7.54% (100%), Protein: 0.17g (0.35%), Vitamin C: 5.53mg (6.7%), Copper: 0.09mg (4.62%), Magnesium: 10.59mg (2.65%), Calcium: 22.23mg (2.22%), Fiber: 0.53g (2.13%), Iron: 0.38mg (2.12%), Potassium: 72.9mg (2.08%), Phosphorus: 15.47mg (1.55%), Vitamin B6: 0.02mg (1.04%)