

Royal Gin Fizz



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



1003 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 small egg white from egg
- ☐ 0.3 cup hendrick's gin
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 serving sparkling wine to taste
- ☐ 1 cup sugar
- ☐ 1 cup water

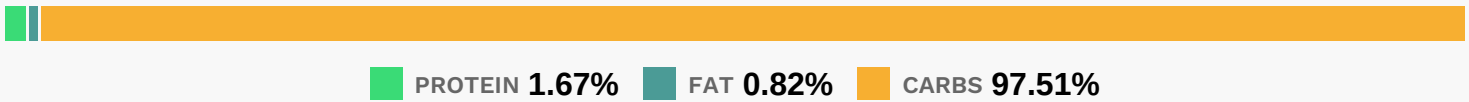
Equipment

- ☐ sauce pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the egg white, gin, lemon juice, and Simple Syrup in a shaker filled with ice. Shake vigorously until frothy and cold, and strain into a tall, skinny glass. Top with Champagne and serve.
- ☐ Place the egg white, gin, lemon juice, and Simple Syrup in a shaker filled with ice. Shake vigorously until frothy and cold, and strain into a tall, skinny glass. Top with Champagne and serve.
- ☐ In a small saucepan, simmer sugar and water over low heat until sugar is dissolved. Allow to cool, and store in the refrigerator.
- ☐ In a small saucepan, simmer sugar and water over low heat until sugar is dissolved. Allow to cool, and store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:85.09, Glycemic Load:139.62, Inflammation Score:-5, Nutrition Score:3.197826091686%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 1003.32kcal (50.17%), Fat: 0.76g (1.17%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 203.22g (67.74%), Net Carbohydrates: 203.13g (73.87%), Sugar: 202.27g (224.75%), Cholesterol: 0mg (0%), Sodium: 74.89mg (3.26%), Alcohol: 29.51g (100%), Alcohol %: 5.31% (100%), Protein: 3.48g (6.96%), Vitamin C: 11.61mg (14.07%), Vitamin B2: 0.19mg (11.26%), Selenium: 7.53µg (10.75%), Potassium: 215.24mg (6.15%), Magnesium: 22.27mg (5.57%), Copper: 0.09mg (4.62%), Iron: 0.76mg (4.24%), Phosphorus: 31.5mg (3.15%), Calcium: 26.32mg (2.63%), Vitamin B6: 0.05mg (2.28%), Folate: 8.68µg (2.17%), Zinc: 0.21mg (1.4%), Manganese: 0.03mg (1.28%), Vitamin B3: 0.21mg (1.07%)