

## Royal Orchid



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



171 kcal

BEVERAGE

DRINK

## Ingredients

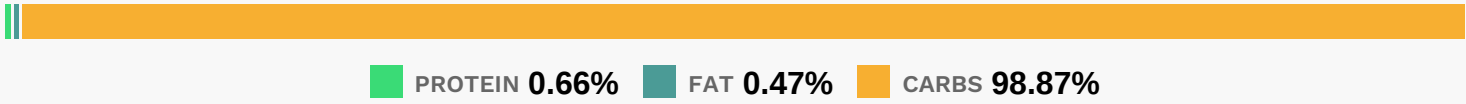
- ☐ 1 tablespoon hendrick's gin
- ☐ 2 tablespoons guava nectar
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 serving lime wedges
- ☐ 1 tablespoon rum
- ☐ 1.5 tablespoons st. germain

## Equipment

# Directions

- ☐ Combine first 5 ingredients in a cocktail shaker filled with ice. Cover, and shake vigorously.
- ☐ Pour into a tall glass filled with ice.
- ☐ Garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:62, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:0.98826086577838%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 170.79kcal (8.54%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.01%), Carbohydrates: 14.37g (4.79%), Net Carbohydrates: 13.99g (5.09%), Sugar: 12.45g (13.84%), Cholesterol: 0mg (0%), Sodium: 2.69mg (0.12%), Alcohol: 10.02g (100%), Alcohol %: 12.99% (100%), Protein: 0.1g (0.19%), Vitamin C: 10.62mg (12.87%), Fiber: 0.38g (1.53%)