



Ruby on Rails Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



143 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 ounces hendrick's gin
- 1 serving ice cubes
- 0.5 ounce juice of lemon freshly squeezed
- 1.8 ounces cooking wine fruity
- 0.5 ounce frangelico
- 0.5 ounce frangelico

Equipment

Directions

- Place the ice cubes and sliced strawberries in a highball glass.
- Combine the remaining ingredients in a cocktail shaker filled halfway with ice and shake until chilled, about 20 seconds. Strain into the glass and serve.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:1.0439130425777%

Flavonoids

Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 142.53kcal (7.13%), Fat: 0.03g (0.05%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 2.29g (0.83%), Sugar: 0.75g (0.83%), Cholesterol: 0mg (0%), Sodium: 5.85mg (0.25%), Alcohol: 19.36g (100%), Alcohol %: 15.12% (100%), Protein: 0.08g (0.17%), Vitamin C: 5.49mg (6.65%), Manganese: 0.07mg (3.54%), Potassium: 64.57mg (1.84%), Magnesium: 6.87mg (1.72%), Vitamin B6: 0.03mg (1.69%), Phosphorus: 12.76mg (1.28%), Iron: 0.21mg (1.18%), Copper: 0.02mg (1.18%)