



Ruby Red Gin Cocktail with Clementine



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



481 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon angostura bitters
- ☐ 4 clementines
- ☐ 50 ml hendrick's gin
- ☐ 1 grapefruit
- ☐ 3 ice cubes
- ☐ 3 teaspoons sugar

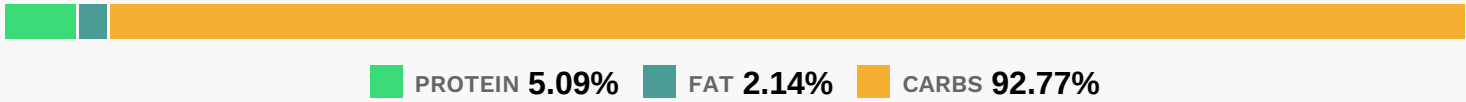
Equipment

- ☐ blender

Directions

- ☐ Juice the grapefruit and clementines.
- ☐ Cut a couple of slices from one of the clementines before juicing, set these aside for serving with the drink.
- ☐ Pop all the ingredients except for the clementine slices into a blender and whizz.
- ☐ Serve over ice and clementine slices.
- ☐ Enjoy

Nutrition Facts



Properties

Glycemic Index:180.09, Glycemic Load:35.58, Inflammation Score:-10, Nutrition Score:17.0599999927231%

Flavonoids

Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 83.56mg, Naringenin: 83.56mg, Naringenin: 83.56mg, Naringenin: 83.56mg Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 481.41kcal (24.07%), Fat: 0.84g (1.29%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 81.82g (27.27%), Net Carbohydrates: 72.7g (26.43%), Sugar: 58.74g (65.26%), Cholesterol: 0mg (0%), Sodium: 5.69mg (0.25%), Alcohol: 23.69g (100%), Alcohol %: 4.47% (100%), Protein: 4.49g (8.97%), Vitamin C: 224.32mg (271.9%), Vitamin A: 2944IU (58.88%), Fiber: 9.13g (36.51%), Folate: 104.32µg (26.08%), Potassium: 870.77mg (24.88%), Vitamin B1: 0.37mg (24.51%), Vitamin B6: 0.36mg (17.91%), Calcium: 146.5mg (14.65%), Magnesium: 53.06mg (13.27%), Vitamin B3: 2.41mg (12.06%), Copper: 0.23mg (11.37%), Vitamin B5: 1.12mg (11.18%), Phosphorus: 110.27mg (11.03%), Vitamin B2: 0.17mg (10.15%), Manganese: 0.13mg (6.7%), Vitamin E: 0.92mg (6.17%), Iron: 0.65mg (3.59%), Zinc: 0.38mg (2.55%)