

Salty Dog II

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



170 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 fluid ounce hendrick's gin dry
- 5 fluid ounces grapefruit juice
- 0.3 teaspoon salt

Equipment

Directions

- In a highball glass over ice, combine gin, grapefruit juice and salt. Stir well.

Nutrition Facts

■ PROTEIN 5.03% ■ FAT 1.89% ■ CARBS 93.08%

Properties

Glycemic Index:63, Glycemic Load:7.81, Inflammation Score:-3, Nutrition Score:3.167391265702%

Nutrients (% of daily need)

Calories: 170.47kcal (8.52%), Fat: 0.15g (0.23%), Saturated Fat: 0g (0%), Carbohydrates: 16.41g (5.47%), Net Carbohydrates: 16.26g (5.91%), Sugar: 16.26g (18.07%), Cholesterol: 0mg (0%), Sodium: 584.77mg (25.42%), Alcohol: 14.81g (100%), Alcohol %: 9.69% (100%), Protein: 0.89g (1.77%), Vitamin C: 39.77mg (48.21%), Potassium: 240.52mg (6.87%), Magnesium: 14.8mg (3.7%), Iron: 0.61mg (3.41%), Vitamin B3: 0.45mg (2.25%), Phosphorus: 18.04mg (1.8%), Vitamin B5: 0.15mg (1.48%), Calcium: 12.19mg (1.22%), Zinc: 0.17mg (1.11%)