

Silver Fizz Cocktail



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



241 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 ounce club coda plus more for topping
- ☐ 1 egg white
- ☐ 3 ounce hendrick's gin
- ☐ 1 ounce juice of lemon fresh
- ☐ 0.5 tablespoon caster sugar

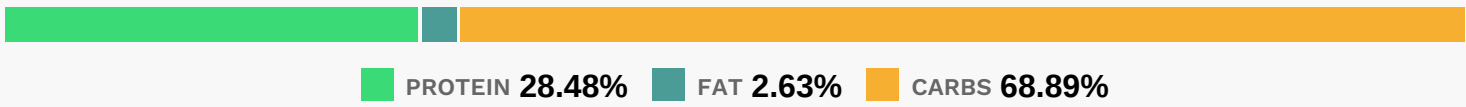
Equipment

- ☐ drinking straws

Directions

- ☐ Dump two or three handfuls of cracked or shaved ice into a cocktail shaker.
- ☐ Add everything but the club soda or seltzer. Shake energetically for a minute or more.
- ☐ Add the 2 oz of club soda or seltzer, and again shake furiously with the cracked ice. Then strain the frothy mixture into a ice cube filled 10–14 oz glass, topping it off additional with cold club soda or seltzer.
- ☐ Serve with a stirring rod or straw.

Nutrition Facts



Properties

Glycemic Index:85.09, Glycemic Load:4.19, Inflammation Score:-3, Nutrition Score:1.9747826145233%

Flavonoids

Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg Hesperetin: 4.1mg, Hesperetin: 4.1mg, Hesperetin: 4.1mg, Hesperetin: 4.1mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 241.4kcal (12.07%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 8.15g (2.72%), Net Carbohydrates: 8.07g (2.93%), Sugar: 6.92g (7.68%), Cholesterol: 0mg (0%), Sodium: 62.9mg (2.73%), Alcohol: 28.41g (100%), Alcohol %: 17.47% (100%), Protein: 3.37g (6.74%), Vitamin C: 10.97mg (13.3%), Selenium: 6.06µg (8.66%), Vitamin B2: 0.14mg (8.26%), Potassium: 81.06mg (2.32%), Folate: 6.87µg (1.72%), Copper: 0.03mg (1.66%), Magnesium: 5.57mg (1.39%), Manganese: 0.02mg (1.14%), Phosphorus: 10.17mg (1.02%)