



## Sloe Gin Fizz Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



164 kcal

BEVERAGE

DRINK

### Ingredients

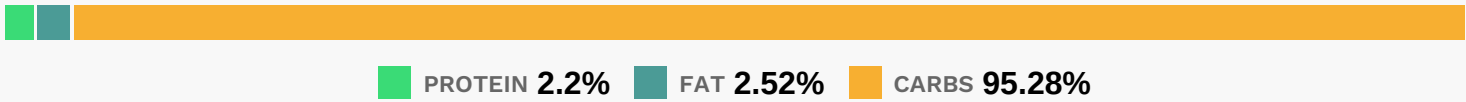
- ☐ 4 fluid ounces club soda
- ☐ 2 fluid ounces sloe gin
- ☐ 1 cup ice cubes
- ☐ 2 ice cubes
- ☐ 1 slice optional: lemon
- ☐ 1 fluid ounce juice of lemon
- ☐ 1 teaspoon simple syrup glaze

### Equipment

# Directions

- ☐ Place 2 ice cubes in a highball glass. Set aside in the freezer.
- ☐ Combine sloe gin, lemon juice, and simple syrup in a cocktail shaker.
- ☐ Add ice; cover and shake until chilled. Strain into the prepared highball glass. Stir in club soda.
- ☐ Garnish with a slice of lemon.

## Nutrition Facts



## Properties

Glycemic Index:40.5, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:1.6965217781456%

## Flavonoids

Eriodictyol: 2.94mg, Eriodictyol: 2.94mg, Eriodictyol: 2.94mg, Eriodictyol: 2.94mg Hesperetin: 6.23mg, Hesperetin: 6.23mg, Hesperetin: 6.23mg, Hesperetin: 6.23mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 163.98kcal (8.2%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 7.81g (2.6%), Net Carbohydrates: 7.53g (2.74%), Sugar: 6.04g (6.72%), Cholesterol: 0mg (0%), Sodium: 43.16mg (1.88%), Alcohol: 19.75g (100%), Alcohol %: 5.16% (100%), Protein: 0.18g (0.36%), Vitamin C: 15.15mg (18.37%), Copper: 0.07mg (3.53%), Iron: 0.35mg (1.96%), Calcium: 18.36mg (1.84%), Magnesium: 6.86mg (1.72%), Folate: 6.68µg (1.67%), Vitamin B1: 0.02mg (1.5%), Potassium: 48.08mg (1.37%), Zinc: 0.2mg (1.34%), Fiber: 0.28g (1.14%)