



Sparkling Fruit Cooler

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



77 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup hendrick's gin
- 6 slices optional: lemon
- 2 cups pineapple juice
- 2 cups water
- 1.5 cups grape juice white

Equipment

Directions

- Add juices and water to drink mix in 2-qt. plastic or glass pitcher; stir until mix is completely dissolved.
- Stir in gin.
- Serve over ice garnished with lemon slices.

Nutrition Facts

 **PROTEIN 2.81%**  **FAT 2.1%**  **CARBS 95.09%**

Properties

Glycemic Index:8.65, Glycemic Load:2.82, Inflammation Score:-1, Nutrition Score:2.1513043735986%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Petunidin: 0.39mg, Petunidin: 0.39mg, Petunidin: 0.39mg, Petunidin: 0.39mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Malvidin: 4.24mg, Malvidin: 4.24mg, Malvidin: 4.24mg, Malvidin: 4.24mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg, Peonidin: 0.4mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Eriodictyol: 0.9mg, Eriodictyol: 0.9mg, Eriodictyol: 0.9mg, Eriodictyol: 0.9mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 76.72kcal (3.84%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 12.07g (4.02%), Net Carbohydrates: 11.78g (4.28%), Sugar: 10.2g (11.34%), Cholesterol: 0mg (0%), Sodium: 5.41mg (0.24%), Alcohol: 4.01g (100%), Alcohol %: 3.42% (100%), Protein: 0.36g (0.71%), Manganese: 0.33mg (16.6%), Vitamin C: 6.98mg (8.47%), Vitamin B6: 0.06mg (3.14%), Potassium: 106.86mg (3.05%), Magnesium: 10.27mg (2.57%), Copper: 0.05mg (2.55%), Vitamin B1: 0.04mg (2.42%), Folate: 8.96µg (2.24%), Iron: 0.27mg (1.51%), Calcium: 12.82mg (1.28%), Fiber: 0.29g (1.15%), Phosphorus: 10.24mg (1.02%)