



Sparkling Tarragon-Gin Lemonade



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



210 kcal

BEVERAGE

DRINK

Ingredients

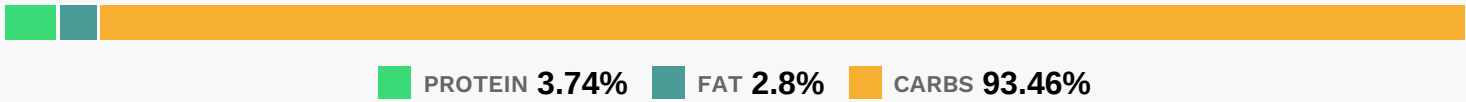
- ☐ 12 ounce seltzer water canned
- ☐ 0.8 cup hendrick's gin
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 optional: lemon thinly sliced
- ☐ 0.8 cup st. germain (elderflower liqueur)
- ☐ 2 tablespoons sugar
- ☐ 10 large sprigs tarragon

Equipment

Directions

- ☐ Muddle tarragon sprigs,lemon slices, and sugar in alarge pitcher.
- ☐ Add gin,St-Germain, lemon juice,and club soda.
- ☐ Add ice andstir to combine.
- ☐ Serve overice.

Nutrition Facts



Properties

Glycemic Index:30.1, Glycemic Load:3.89, Inflammation Score:-4, Nutrition Score:3.2534782834675%

Flavonoids

Eriodictyol: 8.35mg, Eriodictyol: 8.35mg, Eriodictyol: 8.35mg, Eriodictyol: 8.35mg Hesperetin: 12.01mg, Hesperetin: 12.01mg, Hesperetin: 12.01mg, Hesperetin: 12.01mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 210.49kcal (10.52%), Fat: 0.27g (0.42%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 20.59g (6.86%), Net Carbohydrates: 19.41g (7.06%), Sugar: 16.6g (18.45%), Cholesterol: 0mg (0%), Sodium: 14.14mg (0.61%), Alcohol: 10.02g (100%), Alcohol %: 7.41% (100%), Protein: 0.82g (1.65%), Vitamin C: 25.16mg (30.5%), Manganese: 0.15mg (7.57%), Fiber: 1.17g (4.69%), Iron: 0.78mg (4.36%), Vitamin B6: 0.08mg (3.78%), Potassium: 115.79mg (3.31%), Calcium: 32.03mg (3.2%), Folate: 11.24µg (2.81%), Magnesium: 10.04mg (2.51%), Vitamin B2: 0.03mg (1.97%), Copper: 0.04mg (1.84%), Vitamin B1: 0.02mg (1.58%), Vitamin A: 78.73IU (1.57%), Phosphorus: 13.26mg (1.33%), Zinc: 0.16mg (1.08%), Vitamin B3: 0.2mg (1.01%)