



Spring-Onion Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



241 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 tablespoons hendrick's gin
- ☐ 8 slices spring onion very thin
- ☐ 1 cup ice cubes
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 7 parsley fresh italian
- ☐ 2 teaspoons pearl onions
- ☐ 5 pearl onions
- ☐ 1 tablespoon simple syrup glaze

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1 tablespoon grape juice white

Equipment

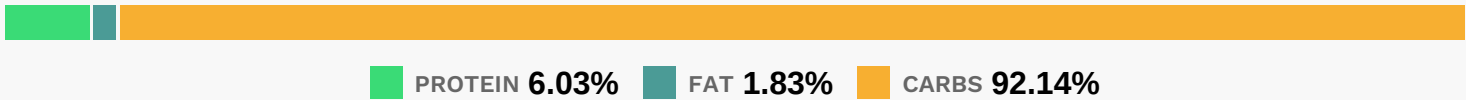
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wooden spoon

Directions

- ☐
- Using muddler or handle of wooden spoon, mash parsley in cocktail shaker.
- ☐
- Add gin and next 6 ingredients. Cover; shake vigorously.
- ☐
- Pour contents (including ice) into tall glass or strain into glass.
- ☐
- Mix in Pickled Pearl Onions.

Nutrition Facts



Properties

Glycemic Index:133, Glycemic Load:3.49, Inflammation Score:-8, Nutrition Score:11.759130477905%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 1.65mg, Malvidin: 1.65mg, Malvidin: 1.65mg, Malvidin: 1.65mg Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 15.1mg, Apigenin: 15.1mg, Apigenin: 15.1mg, Apigenin: 15.1mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 8.01mg, Isorhamnetin: 8.01mg, Isorhamnetin: 8.01mg, Isorhamnetin: 8.01mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 33.51mg, Quercetin: 33.51mg, Quercetin: 33.51mg, Quercetin: 33.51mg

Nutrients (% of daily need)

Calories: 240.6kcal (12.03%), Fat: 0.3g (0.47%), Saturated Fat: 0.09g (0.57%), Carbohydrates: 34.33g (11.44%), Net Carbohydrates: 31.07g (11.3%), Sugar: 24.33g (27.03%), Cholesterol: 0mg (0%), Sodium: 36.44mg (1.58%), Alcohol: 15.03g (100%), Alcohol %: 3.71% (100%), Protein: 2.25g (4.49%), Vitamin K: 132.06µg (125.77%), Vitamin C: 31.37mg (38.02%), Manganese: 0.28mg (13.82%), Vitamin A: 675.17IU (13.5%), Fiber: 3.25g (13.01%), Folate: 50.63µg (12.66%),

Vitamin B6: 0.22mg (10.93%), Potassium: 346.31mg (9.89%), Iron: 1.68mg (9.34%), Vitamin B1: 0.12mg (8.04%), Magnesium: 28.28mg (7.07%), Copper: 0.14mg (6.85%), Calcium: 64.86mg (6.49%), Phosphorus: 60.65mg (6.06%), Vitamin B2: 0.08mg (4.46%), Zinc: 0.48mg (3.19%), Vitamin B5: 0.27mg (2.67%), Vitamin B3: 0.39mg (1.93%), Selenium: 1.02µg (1.45%), Vitamin E: 0.16mg (1.08%)