



Strawberry & Elderflower Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



147 kcal

BEVERAGE

DRINK

Ingredients



75 g strawberries hulled



30 ml bottlegreen strawberry & elderflower cordial



1 serving top with bottlegreen elderflower pressé



50 ml vodka

Equipment



food processor

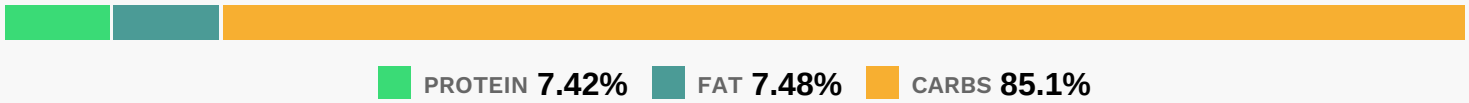


blender

Directions

- ☐ Put the fruit into a jug, and add the vodka and bottlegreen strawberry & elderflower cordial.Using a stick blender, blend until smooth.
- ☐ Pour the blended mixture into a tall glass over two or three ice cubes and then top up with bottlegreen elderflower press  .If desired add a couple of fresh strawberries to the drink.Quick TipWhen making a few of these cocktails, a larger blender or food processor can be used to puree the strawberries.

Nutrition Facts



Properties

Glycemic Index:95, Glycemic Load:2.12, Inflammation Score:-5, Nutrition Score:5.5165217946405%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 23.17mg, Pelargonidin: 23.17mg, Pelargonidin: 23.17mg, Pelargonidin: 23.17mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg, Epicatechin: 0.39mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 147.01kcal (7.35%), Fat: 0.28g (0.43%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 5.3g (1.93%), Sugar: 4.56g (5.07%), Cholesterol: 0mg (0%), Sodium: 1.44mg (0.06%), Alcohol: 16.94g (100%), Alcohol %: 14.81% (100%), Protein: 0.62g (1.25%), Vitamin C: 54.84mg (66.47%), Manganese: 0.36mg (18%), Fiber: 1.87g (7.46%), Folate: 22.38  g (5.6%), Potassium: 143.19mg (4.09%), Magnesium: 12.12mg (3.03%), Phosphorus: 24.92mg (2.49%), Copper: 0.05mg (2.49%), Vitamin B6: 0.04mg (2.19%), Iron: 0.39mg (2.15%), Vitamin K: 2.05  g (1.95%), Vitamin E: 0.27mg (1.8%), Vitamin B3: 0.36mg (1.8%), Vitamin B1: 0.02mg (1.66%), Calcium: 14.92mg (1.49%), Vitamin B2: 0.02mg (1.42%), Vitamin B5: 0.12mg (1.17%)