

Strawberry-Gin Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

10 min.

SERVINGS

servings

1

CALORIES

calories

178 kcal

BEVERAGE

DRINK

Ingredients

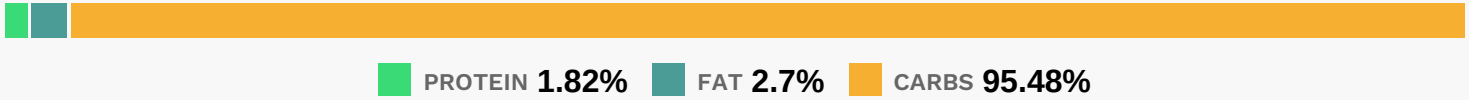
- ☐ 3 fluid ounces club soda chilled
- ☐ 2 basil leaves fresh
- ☐ 2 fluid ounces hendrick's gin
- ☐ 1 serving ice cubes
- ☐ 1 fluid ounce juice of lemon fresh
- ☐ 1 strawberry
- ☐ 2 teaspoons sugar white

Equipment

Directions

- ☐
- Place the strawberry basil leaves, and sugar into a cocktail shaker, and mash well with a cocktail muddler.
- ☐
- Add half of the ice to the cocktail shaker, and place the rest into a tall glass.
- ☐
- Pour in the gin and lemon juice, cover, and shake until the outside of the shaker has frosted. Strain into the chilled glass over the ice, top with the club soda, and stir to serve.

Nutrition Facts



Properties

Glycemic Index:195.09, Glycemic Load:5.86, Inflammation Score:-3, Nutrition Score:2.0526087076768%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 4.28mg, Hesperetin: 4.28mg, Hesperetin: 4.28mg, Hesperetin: 4.28mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 177.94kcal (8.9%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 10.95g (3.65%), Net Carbohydrates: 10.61g (3.86%), Sugar: 9.32g (10.35%), Cholesterol: 0mg (0%), Sodium: 22.55mg (0.98%), Alcohol: 19.75g (100%), Alcohol %: 9.85% (100%), Protein: 0.21g (0.42%), Vitamin C: 18.64mg (22.6%), Manganese: 0.07mg (3.55%), Vitamin K: 3.58µg (3.41%), Folate: 9.34µg (2.33%), Copper: 0.04mg (2.04%), Potassium: 54.29mg (1.55%), Fiber: 0.34g (1.37%), Magnesium: 5.29mg (1.32%), Calcium: 11.31mg (1.13%), Zinc: 0.16mg (1.05%), Vitamin B6: 0.02mg (1.05%)