

The Bramble



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



185 kcal

BEVERAGE

DRINK

Ingredients

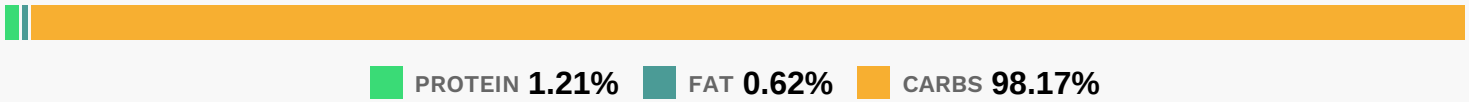
- ☐ 2 blackberries
- ☐ 0.5 ounce creme de mur
- ☐ 2 ounce hendrick's gin
- ☐ 1 serving lemon wedges
- ☐ 1 ounce juice of lime
- ☐ 0.5 ounce simple syrup glaze

Equipment

Directions

- ☐
- Fill a shaker with ice and pour in all the ingredients except the creme de mur. Shake well and strain into a highball glass nearly filled with crushed ice. pour the liqueur on top so that it flows through the ice.
- ☐
- Garnish with a lemon wedge and 2 blackberries.

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:1.4443478357533%

Flavonoids

Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg, Cyanidin: 4mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg, Eriodictyol: 0.83mg Hesperetin: 2.82mg, Hesperetin: 2.82mg, Hesperetin: 2.82mg, Hesperetin: 2.82mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 185.43kcal (9.27%), Fat: 0.04g (0.07%), Saturated Fat: 0g (0.02%), Carbohydrates: 15.12g (5.04%), Net Carbohydrates: 14.76g (5.37%), Sugar: 12.96g (14.4%), Cholesterol: 0mg (0%), Sodium: 11.12mg (0.48%), Alcohol: 18.94g (100%), Alcohol %: 20.27% (100%), Protein: 0.19g (0.37%), Vitamin C: 9.87mg (11.97%), Iron: 0.6mg (3.31%), Manganese: 0.04mg (2.16%), Vitamin B1: 0.03mg (2.01%), Copper: 0.03mg (1.53%), Potassium: 51.23mg (1.46%), Fiber: 0.35g (1.41%), Magnesium: 4.71mg (1.18%)