



The Dandy Lion



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

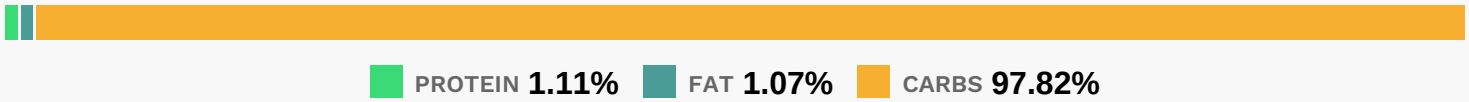
- ☐ 3 slices cucumber peeled for garnish thin
- ☐ 2 ounces hendrick's gin
- ☐ 0.8 ounce juice of lemon
- ☐ 0.8 ounce simple syrup glaze
- ☐ 2 ounces water chilled
- ☐ 0.5 ounce frangelico
- ☐ 0.5 ounce frangelico

Equipment

Directions

- ☐ In a cocktail shaker, muddle the cucumber until slightly broken up, about 20 seconds.
- ☐ Add the absinthe and let macerate for about 30 seconds.
- ☐ Add the gin, lemon juice, and simple syrup, then fill the shaker with ice and shake vigorously until completely mixed, about 20 seconds. Strain into a Collins glass (or any tall glass tumbler), top with tonic, and garnish with a cucumber slice.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:1.5865217330663%

Flavonoids

Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 195.37kcal (9.77%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 17.47g (5.82%), Net Carbohydrates: 17.26g (6.28%), Sugar: 16.39g (18.21%), Cholesterol: 0mg (0%), Sodium: 16.37mg (0.71%), Alcohol: 18.94g (100%), Alcohol %: 13.57% (100%), Protein: 0.2g (0.4%), Vitamin C: 8.9mg (10.79%), Iron: 0.85mg (4.73%), Vitamin B1: 0.04mg (2.84%), Copper: 0.04mg (2.18%), Potassium: 64.99mg (1.86%), Folate: 7.19µg (1.8%), Magnesium: 6.49mg (1.62%), Vitamin K: 1.51µg (1.44%), Manganese: 0.03mg (1.4%), Vitamin B2: 0.02mg (1.38%), Vitamin B6: 0.02mg (1.05%), Phosphorus: 10.08mg (1.01%)