



The Dirty Flower

 Dairy Free

READY IN



10 min.

SERVINGS



7

CALORIES



269 kcal

BEVERAGE

DRINK

Ingredients

- 6 ounces hendrick's gin chilled
- 0.8 teaspoon granulated sugar
- 1 medium grapefruit
- 3 ounces juice of lemon chilled freshly squeezed (from 3 medium lemons)
- 3 dashes orange bitters
- 4.5 ounces st. germain chilled
- 72 ounce light-bodied wheat beer such as paulaner, chilled

Equipment

peeler

Directions

- Using a vegetable peeler, remove 6 wide strips of peel from the grapefruit, making sure to avoid the white pith; set aside. Squeeze 3 ounces of juice from the grapefruit and place in a 3-quart container (save the remaining juice for another use).
- Add the gin, St-Germain, lemon juice, sugar, and orange bitters to the container and stir until the sugar has dissolved.
- Add the beer and gently stir to combine. To serve, twist one grapefruit peel over a beer glass or cup and drop inside. Top with the beer mixture and serve.

Nutrition Facts

 **PROTEIN 6.76%**  **FAT 0.75%**  **CARBS 92.49%**

Properties

Glycemic Index:21.51, Glycemic Load:5.32, Inflammation Score:-8, Nutrition Score:3.7921739570473%

Flavonoids

Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 1.89mg, Hesperetin: 1.89mg, Hesperetin: 1.89mg, Hesperetin: 1.89mg Naringenin: 12.1mg, Naringenin: 12.1mg, Naringenin: 12.1mg, Naringenin: 12.1mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg, Kaempferol: 2.37mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg Gallocatechin: 0.23mg, Gallocatechin: 0.23mg, Gallocatechin: 0.23mg, Gallocatechin: 0.23mg

Nutrients (% of daily need)

Calories: 269.45kcal (13.47%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 22.18g (8.06%), Sugar: 10.31g (11.46%), Cholesterol: 0mg (0%), Sodium: 12.03mg (0.52%), Alcohol: 19.68g (100%), Alcohol %: 6.5% (100%), Protein: 1.67g (3.33%), Vitamin C: 16.11mg (19.53%), Vitamin A: 421.3IU (8.43%), Vitamin B6: 0.16mg (7.97%), Vitamin B3: 1.58mg (7.92%), Folate: 24.68µg (6.17%), Magnesium: 21.52mg (5.38%), Vitamin B2: 0.09mg (5.12%), Phosphorus: 49.35mg (4.94%), Potassium: 141.11mg (4.03%), Selenium: 1.8µg (2.57%), Fiber: 0.62g (2.49%), Vitamin B1: 0.03mg (2.31%), Vitamin B5: 0.23mg (2.31%), Calcium: 20.44mg (2.04%), Manganese: 0.04mg (1.86%), Copper: 0.03mg (1.67%)