



## The Flying Fig

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



1

CALORIES



307 kcal

BEVERAGE

DRINK

## Ingredients


- 0.5 ounce agave nectar
- 2 figs fresh
- 1 serving ice cubes
- 1 ounce juice of lemon freshly squeezed (from 1 medium lemon)
- 1 mint leaves fresh
- 0.5 ounce st. germain
- 2 ounces vodka

## Equipment

## Directions

- Place a cocktail glass in the freezer to chill.
- Cut the figs lengthwise into 1/4-inch slices and reserve 1 center slice for garnish. Coarsely chop the remaining slices and place in a cocktail shaker.
- Add the elderflower liqueur and muddle.
- Add the vodka, lemon juice, and agave. Fill the shaker halfway with ice and shake vigorously until the outside of the shaker turns frosty. Strain into the chilled glass.
- Place the mint leaf in the palm of one hand and smack it with the other hand to release the oils. Rub the mint leaf on the rim of the glass and then add it to the glass.
- Garnish with the reserved fig slice.

## Nutrition Facts

 **PROTEIN 2.28%** **FAT 2.51%** **CARBS 95.21%**

## Properties

Glycemic Index:91, Glycemic Load:11.56, Inflammation Score:-5, Nutrition Score:4.7360870190289%

## Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg, Catechin: 1.59mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Eriodictyol: 1.69mg, Eriodictyol: 1.69mg, Eriodictyol: 1.69mg, Eriodictyol: 1.69mg Hesperetin: 4.2mg, Hesperetin: 4.2mg, Hesperetin: 4.2mg, Hesperetin: 4.2mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

## Nutrients (% of daily need)

Calories: 307.35kcal (15.37%), Fat: 0.44g (0.68%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 37.63g (12.54%), Net Carbohydrates: 34.54g (12.56%), Sugar: 32.1g (35.67%), Cholesterol: 0mg (0%), Sodium: 5.53mg (0.24%), Alcohol: 18.94g (100%), Alcohol %: 8.88% (100%), Protein: 0.9g (1.8%), Vitamin C: 15.7mg (19.03%), Fiber: 3.09g (12.37%), Vitamin B6: 0.16mg (8.02%), Potassium: 268.02mg (7.66%), Vitamin K: 7.89µg (7.51%), Manganese: 0.14mg (7.19%), Vitamin B1: 0.09mg (5.85%), Magnesium: 20.2mg (5.05%), Vitamin B2: 0.08mg (4.96%), Copper: 0.09mg (4.69%), Folate: 17.06µg (4.27%), Calcium: 40.95mg (4.1%), Vitamin A: 186.18IU (3.72%), Vitamin B5: 0.34mg (3.41%), Vitamin B3: 0.54mg (2.7%), Iron: 0.46mg (2.57%), Phosphorus: 19.97mg (2%), Vitamin E: 0.29mg (1.94%), Zinc:

0.18mg (1.22%)