



The Good Food Country Breeze



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



78 kcal

BEVERAGE

DRINK

Ingredients

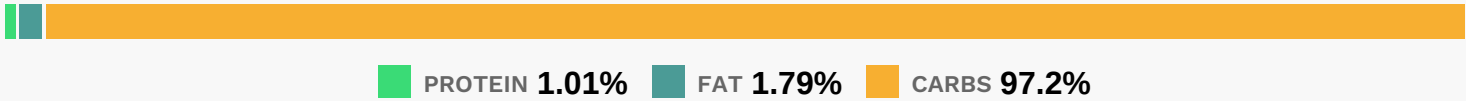
- ☐ 25 ml hendrick's gin
- ☐ 12.5 ml creme de cassis
- ☐ 1 tablespoon apple juice good
- ☐ 1 serving lime wedges
- ☐ 1 slice apples

Equipment

Directions

- ☐ Mix the gin, crme de cassis and apple juice in a cocktail shaker or mixing glass. Squeeze over the lime.
- ☐ Pour into a glass filled with ice and add an apple slice.

Nutrition Facts



Properties

Glycemic Index:119.75, Glycemic Load:1.14, Inflammation Score:-1, Nutrition Score:0.3882608756261%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg, Epicatechin: 1.61mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 78.4kcal (3.92%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 5.12g (1.71%), Net Carbohydrates: 4.77g (1.74%), Sugar: 4.37g (4.86%), Cholesterol: 0mg (0%), Sodium: 2.49mg (0.11%), Alcohol: 8.47g (100%), Alcohol %: 16.3% (100%), Protein: 0.05g (0.11%), Fiber: 0.35g (1.38%), Vitamin C: 0.98mg (1.19%), Manganese: 0.02mg (1.08%)