



The Maddow



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



131 kcal

BEVERAGE

DRINK

Ingredients

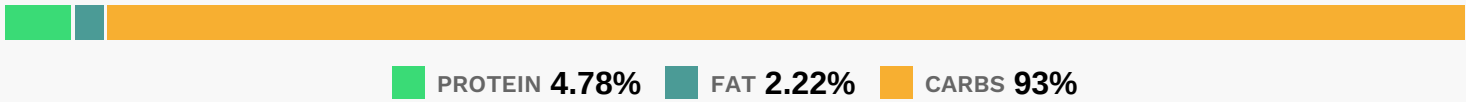
- ☐ 1.5 ounces hendrick's gin
- ☐ 1 serving ice cubes
- ☐ 1 serving optional: lemon
- ☐ 0.5 ounce mirin
- ☐ 0.8 ounce mirin dry
- ☐ 1 dash irish whiskey

Equipment

Directions

- ☐ Fill mixing glass with ice, add gin, dry vermouth, Carpano Antica, St Germain, and bitters. Stir until chilled.
- ☐ Strain into a chilled martini glass. Twist lemon peel over drink to express the oils and run the peel around the rim of the glass. Discard peel and serve.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:0.43043478246292%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 131.11kcal (6.56%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 1.98g (0.66%), Net Carbohydrates: 1.78g (0.65%), Sugar: 0.18g (0.2%), Cholesterol: 0mg (0%), Sodium: 3.37mg (0.15%), Alcohol: 17.93g (100%), Alcohol %: 16.01% (100%), Protein: 0.1g (0.2%), Vitamin C: 3.71mg (4.5%), Copper: 0.02mg (1.03%)