

The New Bee's Knees



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



237 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 tablespoons hendrick's gin
- ☐ 0.3 cup honey
- ☐ 1 teaspoon culinary lavender buds dried
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup water hot

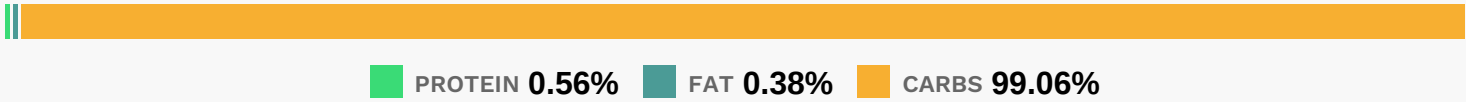
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Mix hot water and dried lavender blossoms in bowl.
- ☐ Let steep 5 minutes.
- ☐ Whisk in 1/4 cup honey. Strain into another bowl.
- ☐ Add 3 tablespoons of the honey syrup, gin, and lemon juice; strain into cocktail shaker with ice. Shake well and strain into 2 chilled Martini glasses.
- ☐ *Available at health foods stores.

Nutrition Facts



Properties

Glycemic Index:33.64, Glycemic Load:18.21, Inflammation Score:-2, Nutrition Score:0.97260869132436%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 237.29kcal (11.86%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 36.23g (12.08%), Net Carbohydrates: 36.1g (13.13%), Sugar: 35.17g (39.08%), Cholesterol: 0mg (0%), Sodium: 3.77mg (0.16%), Alcohol: 15.03g (100%), Alcohol %: 14.17% (100%), Protein: 0.2g (0.41%), Vitamin C: 6.32mg (7.66%), Manganese: 0.04mg (2.19%), Copper: 0.03mg (1.59%), Iron: 0.26mg (1.43%), Vitamin B2: 0.02mg (1.19%), Potassium: 38.38mg (1.1%)