



The Palafox Fizz



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

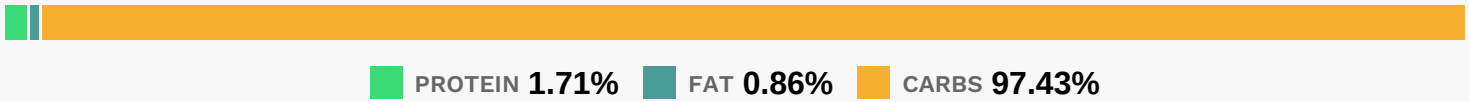
- ☐ 1 serving club soda
- ☐ 3 slices to 5 cucumber
- ☐ 8 basil leaves fresh
- ☐ 3 tablespoons hendrick's gin
- ☐ 1 serving ice cubes
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon simple syrup glaze

Equipment

Directions

 Muddle basil leaves and cucumber slices in a cocktail shaker to release flavors. Fill shaker with ice cubes, gin, lime juice, and simple syrup. Cover with lid, and shake vigorously until thoroughly chilled (about 30 seconds). Strain into a 12-oz. glass filled with ice cubes; top with club soda.

Nutrition Facts



Properties

Glycemic Index:100, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:2.3108695615893%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 164.76kcal (8.24%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 16.43g (5.48%), Net Carbohydrates: 16.17g (5.88%), Sugar: 15.19g (16.88%), Cholesterol: 0mg (0%), Sodium: 15.91mg (0.69%), Alcohol: 15.03g (100%), Alcohol %: 11.82% (100%), Protein: 0.29g (0.58%), Vitamin K: 14.88µg (14.17%), Vitamin C: 5.75mg (6.97%), Iron: 0.9mg (5%), Vitamin A: 191.42IU (3.83%), Manganese: 0.06mg (3.14%), Copper: 0.05mg (2.69%), Vitamin B1: 0.04mg (2.67%), Magnesium: 8.34mg (2.08%), Potassium: 69.07mg (1.97%), Folate: 6.62µg (1.65%), Calcium: 15.03mg (1.5%), Vitamin B2: 0.02mg (1.4%), Phosphorus: 11.7mg (1.17%), Vitamin B6: 0.02mg (1.09%), Fiber: 0.26g (1.03%)