







The Pink Lady Cocktail

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



143 kcal

BEVERAGE

DRINK

Ingredients

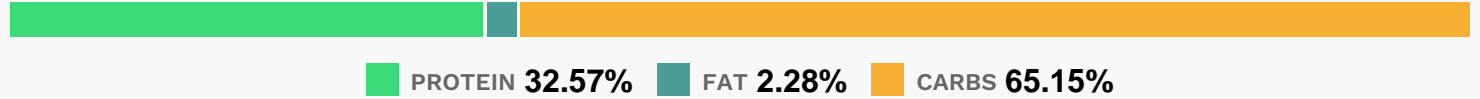
- 1 egg white
- 1.5 fluid ounces hendrick's gin
- 0.3 fluid ounce grenadine syrup
- 1 cup ice cubes
- 0.8 fluid ounce juice of lemon
- 0.5 fluid ounce applejack
- 0.5 fluid ounce applejack

Equipment

Directions

- Combine gin, applejack, lemon juice, grenadine, and egg white in a cocktail shaker. Cover and shake for 10 to 20 seconds to emulsify the egg white.
- Add ice; cover and shake until chilled. Strain into chilled wine glass.

Nutrition Facts



Properties

Glycemic Index:115, Glycemic Load:4.95, Inflammation Score:-2, Nutrition Score:1.8386956530259%

Flavonoids

Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 142.75kcal (7.14%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 6.7g (2.23%), Net Carbohydrates: 6.63g (2.41%), Sugar: 4.21g (4.68%), Cholesterol: 0mg (0%), Sodium: 64.29mg (2.8%), Alcohol: 14.81g (100%), Alcohol %: 5.51% (100%), Protein: 3.35g (6.7%), Vitamin C: 8.58mg (10.4%), Selenium: 6.07µg (8.67%), Vitamin B2: 0.14mg (8.09%), Copper: 0.06mg (2.98%), Potassium: 74.7mg (2.13%), Magnesium: 7.29mg (1.82%), Folate: 5.64µg (1.41%), Calcium: 10.97mg (1.1%)