



The Un-Pink Lady Cocktail



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



122 kcal

BEVERAGE

DRINK

Ingredients

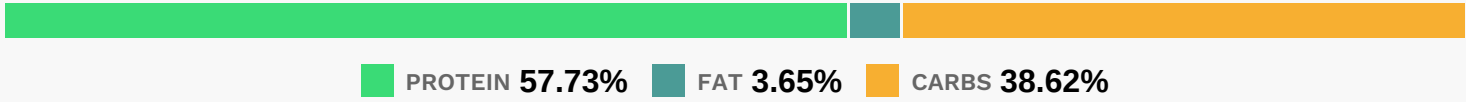
- ☐ 1 egg whites fresh
- ☐ 1.5 ounces hendrick's gin
- ☐ 0.5 ounce juice of lemon
- ☐ 1 serving mint leaves
- ☐ 2 dashes pomegranate molasses

Equipment

Directions

- ☐
- Add gin, applejack, lemon juice, egg white, and pomegranate molasses to cocktail shaker. Shake dry (without ice) 10 seconds to emulsify egg white.
- ☐
- Add ice and shake until well chilled, at least 15 seconds.
- ☐
- Strain into serving glass, garnish with mint sprig.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.6030435024396%

Flavonoids

Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 121.65kcal (6.08%), Fat: 0.09g (0.15%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 2.25g (0.75%), Net Carbohydrates: 2.12g (0.77%), Sugar: 1.27g (1.41%), Cholesterol: 0mg (0%), Sodium: 50.68mg (2.2%), Alcohol: 14.2g (100%), Alcohol %: 20.07% (100%), Protein: 3.36g (6.71%), Selenium: 6.01µg (8.59%), Vitamin B2: 0.14mg (8.13%), Vitamin C: 5.8mg (7.03%), Potassium: 70.04mg (2%), Folate: 5.18µg (1.29%), Magnesium: 4.95mg (1.24%), Manganese: 0.02mg (1.22%), Copper: 0.02mg (1.07%)