

The Vespa



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 ounce hendrick's gin dry



1 serving grapefruit



1 ounce vodka



0.5 ounce frangelico italian (aperitif wine)



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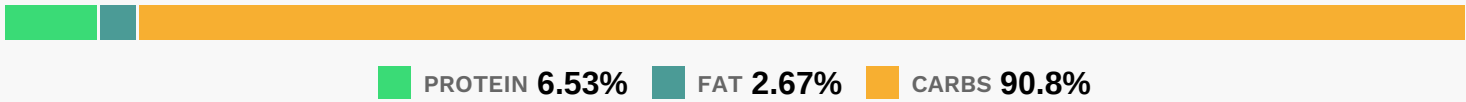
Equipment

Directions

- ☐
- Combine 1 ounce London dry gin, 1 ounce vodka, and 1/2 ounce Cocchi Americano (Italian aperitif wine) in a large glass. Fill with ice and stir until glass is very cold, about 1 minute. Strain into a chilled stemmed cocktail glass.

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Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:3.5, Inflammation Score:-9, Nutrition Score:6.5065217445726%

Flavonoids

Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 50.27mg, Naringenin: 50.27mg, Naringenin: 50.27mg, Naringenin: 50.27mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 195.65kcal (9.78%), Fat: 0.22g (0.33%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 16.48g (5.49%), Net Carbohydrates: 14.01g (5.1%), Sugar: 10.61g (11.79%), Cholesterol: 0mg (0%), Sodium: 0.57mg (0.02%), Alcohol: 18.94g (100%), Alcohol %: 11.39% (100%), Protein: 1.19g (2.37%), Vitamin C: 48.05mg (58.24%), Vitamin A: 1771IU (35.42%), Fiber: 2.46g (9.86%), Potassium: 208.75mg (5.96%), Folate: 20.02µg (5.01%), Vitamin B1: 0.07mg (4.62%), Vitamin B6: 0.08mg (4.1%), Vitamin B5: 0.4mg (4.03%), Magnesium: 13.86mg (3.46%), Calcium: 33.88mg (3.39%), Phosphorus: 30.27mg (3.03%), Vitamin B2: 0.05mg (2.99%), Copper: 0.06mg (2.9%), Manganese: 0.04mg (1.95%), Vitamin B3: 0.32mg (1.59%), Vitamin E: 0.2mg (1.33%)