



The Wild Flower



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



215 kcal

BEVERAGE

DRINK

Ingredients

- 2 servings club soda
- 4 ounces cooking wine dry white such as sauvignon blanc crisp
- 2 ounces st. germain such as st. germain
- 2 servings ice cubes
- 1 sprigs lavender or
- 2 ounces vodka

Equipment

Directions

- Pick a few of the lavender buds from a sprig, and muddle them in 2 highball glasses. Fill with ice, then add the wine, liqueur and vodka and top with club soda.
- Garnish with lavender sprigs.

Nutrition Facts

PROTEIN 0.35% **FAT 0.01%** **CARBS 99.64%**

Properties

Glycemic Index:36.83, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:0.090434782611935%

Nutrients (% of daily need)

Calories: 214.66kcal (10.73%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 12.23g (4.08%), Net Carbohydrates: 12.22g (4.44%), Sugar: 10.95g (12.16%), Cholesterol: 0mg (0%), Sodium: 3.3mg (0.14%), Alcohol: 15.42g (100%), Alcohol %: 11.44% (100%), Protein: 0.04g (0.08%)