



Time for a Drink: Stephan's Sour



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



2 min.

SERVINGS



1

CALORIES



140 kcal

BEVERAGE

DRINK

Ingredients



2 dashes celery



1.5 ounces hendrick's gin (Stenson recommends Beefeater)



0.5 ounce juice of lemon fresh



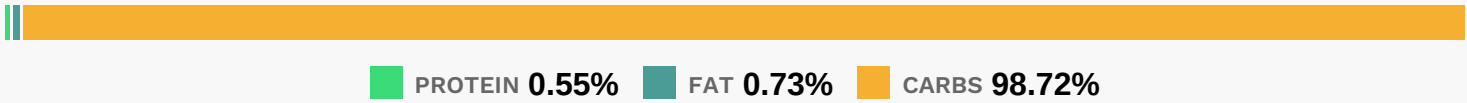
0.5 ounce simple syrup glaze mixed (equal parts sugar and water, until sugar dissolves)

Equipment

Directions

Combine ingredients in a cocktail shaker and fill with ice. Shake well for 10 seconds; strain into chilled cocktail glass.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:0.83695651396461%

Flavonoids

Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 139.76kcal (6.99%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 11.4g (3.8%), Net Carbohydrates: 11.33g (4.12%), Sugar: 10.76g (11.96%), Cholesterol: 0mg (0%), Sodium: 10.39mg (0.45%), Alcohol: 14.2g (100%), Alcohol %: 24.7% (100%), Protein: 0.06g (0.13%), Vitamin C: 5.55mg (6.72%), Iron: 0.54mg (3.01%), Vitamin B1: 0.02mg (1.65%)