



Tom Collins Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



186 kcal

BEVERAGE

DRINK

Ingredients

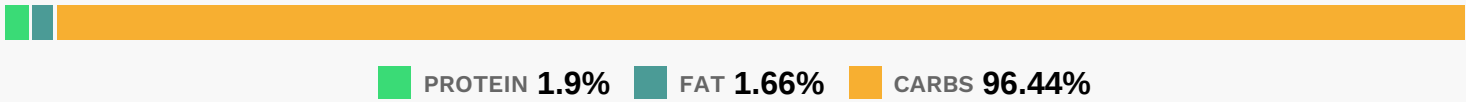
- ☐ 2 fluid ounces club soda
- ☐ 2 fluid ounces hendrick's gin
- ☐ 1 cup ice cubes
- ☐ 0.8 fluid ounce juice of lemon
- ☐ 1 lemon wedges
- ☐ 0.5 fluid ounce simple syrup glaze

Equipment

Directions

- ☐ Fill a Collins glass with 1 1/2 cups ice, set aside in the freezer.
- ☐ Combine gin, lemon juice, and simple syrup in a cocktail shaker.
- ☐ Add 1 cup ice, cover and shake until chilled. Strain into the chilled Collins glass.
- ☐ Top with club soda and garnish with a lemon wedge.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:0.3, Inflammation Score:-3, Nutrition Score:2.0669564779686%

Flavonoids

Eriodictyol: 4.93mg, Eriodictyol: 4.93mg, Eriodictyol: 4.93mg, Eriodictyol: 4.93mg Hesperetin: 8.23mg, Hesperetin: 8.23mg, Hesperetin: 8.23mg, Hesperetin: 8.23mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 186.48kcal (9.32%), Fat: 0.11g (0.16%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 14.02g (4.67%), Net Carbohydrates: 13.45g (4.89%), Sugar: 11.83g (13.15%), Cholesterol: 0mg (0%), Sodium: 34mg (1.48%), Alcohol: 19.75g (100%), Alcohol %: 6.11% (100%), Protein: 0.28g (0.55%), Vitamin C: 18.12mg (21.97%), Iron: 0.69mg (3.82%), Copper: 0.07mg (3.35%), Vitamin B1: 0.04mg (2.35%), Fiber: 0.57g (2.28%), Magnesium: 7.21mg (1.8%), Calcium: 17.99mg (1.8%), Potassium: 59.36mg (1.7%), Folate: 6.42µg (1.6%), Vitamin B6: 0.03mg (1.26%), Vitamin B2: 0.02mg (1.07%), Zinc: 0.16mg (1.04%)