



Vesper Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



358 kcal

BEVERAGE

DRINK

Ingredients



3 fluid ounces hendrick's gin



1 cup ice cubes



0.5 fluid ounce lillet blanc



1 orange twist



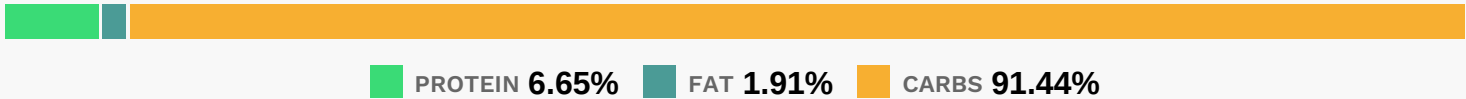
1 fluid ounce vodka

Equipment

Directions

- ☐ Combine gin, vodka, and Lillet in a cocktail mixing glass.
- ☐ Add ice and stir until chilled. Strain into chilled cocktail glass.
- ☐ Garnish with an orange twist.

Nutrition Facts



Properties

Glycemic Index:72.5, Glycemic Load:5.23, Inflammation Score:-7, Nutrition Score:7.1821740347406%

Flavonoids

Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 358.32kcal (17.92%), Fat: 0.16g (0.24%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 16.94g (5.65%), Net Carbohydrates: 13.8g (5.02%), Sugar: 13.52g (15.02%), Cholesterol: 0mg (0%), Sodium: 13.01mg (0.57%), Alcohol: 42.02g (100%), Alcohol %: 10.64% (100%), Protein: 1.23g (2.46%), Vitamin C: 69.69mg (84.48%), Fiber: 3.14g (12.58%), Folate: 39.3µg (9.82%), Vitamin B1: 0.12mg (8.05%), Potassium: 239.18mg (6.83%), Calcium: 59.5mg (5.95%), Copper: 0.12mg (5.92%), Vitamin A: 294.75IU (5.89%), Vitamin B6: 0.08mg (3.97%), Magnesium: 15.47mg (3.87%), Vitamin B2: 0.06mg (3.41%), Vitamin B5: 0.33mg (3.28%), Manganese: 0.05mg (2.44%), Phosphorus: 23.37mg (2.34%), Vitamin B3: 0.38mg (1.9%), Vitamin E: 0.24mg (1.57%), Zinc: 0.15mg (1.01%)