



Virgin Gin and Tonic



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



190 min.

SERVINGS



1

CALORIES



529 kcal

BEVERAGE

DRINK

Ingredients

- 0.8 teaspoon aniseed
- 1 teaspoon coriander seeds
- 1 serving ice cubes
- 2 tablespoons juniper berries
- 1 medium optional: lemon
- 1 lime wedges
- 4 ounces water chilled
- 2 cups wine

Equipment

- bowl
- frying pan
- peeler

Directions

- Place the juniper, coriander, and anise in a small frying pan over medium heat and toast, shaking the pan occasionally, until fragrant, about 3 minutes.
- Remove to a medium bowl. Using a vegetable peeler, remove the zest from the lemon and add it to the bowl.
- Place an Old Fashioned glass in the freezer to chill for 5 minutes. Fill the chilled glass halfway with ice and add 2 ounces of the nonalcoholic white wine infusion. Gently rub the lemon or lime wedge along the rim of the glass, then squeeze and drop it into the glass. Top with the tonic water, gently stir to incorporate, and serve immediately. Refrigerate the remaining wine infusion for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:77.5, Glycemic Load:4.14, Inflammation Score:-9, Nutrition Score:11.347391512083%

Flavonoids

Malvidin: 0.29mg, Malvidin: 0.29mg, Malvidin: 0.29mg, Malvidin: 0.29mg Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 39.79mg, Hesperetin: 39.79mg, Hesperetin: 39.79mg, Hesperetin: 39.79mg Naringenin: 3.03mg, Naringenin: 3.03mg, Naringenin: 3.03mg, Naringenin: 3.03mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 528.93kcal (26.45%), Fat: 5.75g (8.85%), Saturated Fat: 0.07g (0.47%), Carbohydrates: 36.19g (12.06%), Net Carbohydrates: 31.6g (11.49%), Sugar: 7.61g (8.46%), Cholesterol: 0mg (0%), Sodium: 35.93mg (1.56%), Alcohol: 49.44g (100%), Alcohol %: 7.75% (100%), Protein: 3.36g (6.72%), Vitamin C: 63.21mg (76.62%), Manganese: 0.67mg (33.4%), Fiber: 4.59g (18.34%), Vitamin B6: 0.34mg (17.19%), Magnesium: 68.56mg (17.14%), Iron: 2.93mg (16.29%), Potassium: 555.16mg (15.86%), Phosphorus: 121.7mg (12.17%), Calcium: 106.17mg (10.62%), Copper: 0.13mg (6.56%), Vitamin B2: 0.11mg (6.31%), Zinc: 0.85mg (5.67%), Vitamin B1: 0.08mg (5.5%), Vitamin B5: 0.47mg (4.72%), Folate: 18.27µg (4.57%), Vitamin B3: 0.75mg (3.75%), Selenium: 1.58µg (2.26%), Vitamin K: 2.03µg (1.93%), Vitamin E: 0.2mg (1.34%)