



Watermelon gin spritzer



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



17 kcal

BEVERAGE

DRINK

Ingredients



2 large limes



100 g watermelon



2 tbsp hendrick's gin



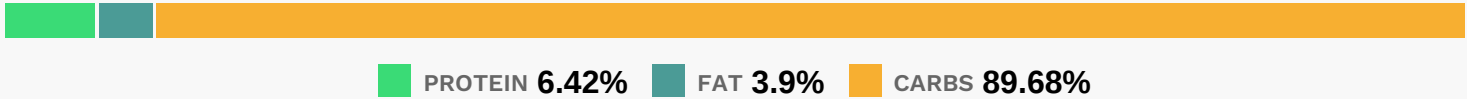
8 servings tonic water

Equipment

Directions

- ☐
- Cut the limes into 16 pieces. Squeeze 2 pieces of lime into each of the 8 glasses, then drop in the squeezed flesh. Chop the watermelon and divide among the glasses, and throw in some ice cubes.
- ☐
- Pour gin over each and top up with chilled tonic water.

Nutrition Facts



Properties

Glycemic Index:15.21, Glycemic Load:1.08, Inflammation Score:-1, Nutrition Score:0.97347825247308%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 17.44kcal (0.87%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 2.7g (0.9%), Net Carbohydrates: 2.18g (0.79%), Sugar: 1.06g (1.18%), Cholesterol: 0mg (0%), Sodium: 12.33mg (0.54%), Alcohol: 1.25g (100%), Alcohol %: 0.59% (100%), Protein: 0.19g (0.39%), Vitamin C: 5.89mg (7.14%), Copper: 0.05mg (2.74%), Fiber: 0.52g (2.08%), Vitamin A: 79.5IU (1.59%), Calcium: 13.5mg (1.35%), Magnesium: 4.62mg (1.16%)