



Yvette Collins



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



1

CALORIES



947 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 ounce creme de cassis
- ☐ 1.5 ounces hendrick's gin (such as Beefeater)
- ☐ 0.3 cup culinary lavender buds dried
- ☐ 1 ounce juice of lemon freshly squeezed
- ☐ 0.5 ounce simple syrup glaze
- ☐ 1 cup sugar
- ☐ 1 cup water

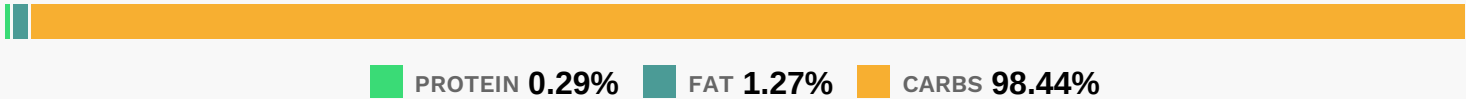
Equipment

- ☐ sauce pan
- ☐ sieve
- ☐ spatula

Directions

- ☐ Combine sugar and water in a small saucepan over high heat. Bring to a boil, stirring until sugar dissolves. Once the mixture boils, remove from heat and stir in the lavender buds. Cover and let steep for 30 minutes. After 30 minutes, strain through a fine mesh sieve, pressing the buds with the back of a spatula to extract the most possible flavor.
- ☐ Let cool to room temperature and refrigerate up to 1 week.
- ☐ Pour gin, lemon juice, Crème Yvette, and simple syrup in a Collins glass and stir to combine. Fill glass with ice, top with seltzer, and serve.

Nutrition Facts



Properties

Glycemic Index:85.09, Glycemic Load:139.62, Inflammation Score:-2, Nutrition Score:2.8830434103375%

Flavonoids

Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg Hesperetin: 4.1mg, Hesperetin: 4.1mg, Hesperetin: 4.1mg, Hesperetin: 4.1mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 946.78kcal (47.34%), Fat: 1.26g (1.94%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 219.46g (73.15%), Net Carbohydrates: 219.37g (79.77%), Sugar: 212.58g (236.2%), Cholesterol: 0mg (0%), Sodium: 24.46mg (1.06%), Alcohol: 14.2g (100%), Alcohol %: 3.05% (100%), Protein: 0.65g (1.3%), Vitamin C: 17.57mg (21.3%), Calcium: 134.35mg (13.44%), Iron: 1.75mg (9.7%), Copper: 0.07mg (3.46%), Vitamin A: 166.7IU (3.33%), Vitamin B2: 0.05mg (3.09%), Selenium: 1.33µg (1.9%), Vitamin B1: 0.03mg (1.85%), Folate: 5.67µg (1.42%), Magnesium: 5.63mg (1.41%), Potassium: 43.12mg (1.23%), Manganese: 0.02mg (1.04%)