



A-go Flip



Vegetarian



Gluten Free



Dairy Free

READY IN



8 min.

SERVINGS



1

CALORIES



270 kcal

BEVERAGE

DRINK

Ingredients

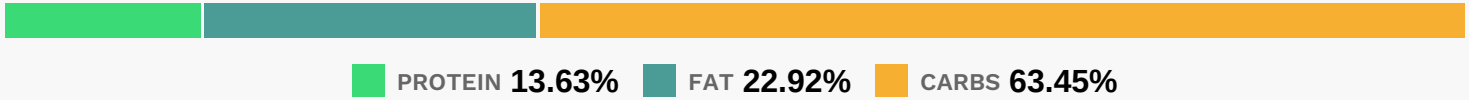
- ☐ 0.8 ounce angostura bitters
- ☐ 1 serving cinnamon sticks
- ☐ 0.5 ounce little demerara sugar (see note above)
- ☐ 0.5 ounce rum such as atlantico reserva
- ☐ 0.5 ounce cooking sherry
- ☐ 1 eggs whole

Equipment

Directions

- ☐ Crack egg into cocktail shaker.
- ☐ Add sherry, rum, bitters, and demerara syrup. Dry shake to emulsify egg, about 15 seconds.
- ☐ Add ice to cocktail shaker and shake until well chilled, about 15 seconds. Strain into cocktail glass. Grate cinnamon stick on top of drink and serve.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:5.4404347966547%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 269.99kcal (13.5%), Fat: 4.21g (6.48%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 26.22g (8.74%), Net Carbohydrates: 25.16g (9.15%), Sugar: 17.17g (19.07%), Cholesterol: 163.68mg (54.56%), Sodium: 63.96mg (2.78%), Alcohol: 15.76g (100%), Alcohol %: 18.2% (100%), Protein: 5.63g (11.27%), Selenium: 13.58µg (19.41%), Manganese: 0.39mg (19.36%), Vitamin B2: 0.2mg (12.03%), Phosphorus: 91.66mg (9.17%), Vitamin B5: 0.69mg (6.88%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%), Iron: 1.03mg (5.74%), Folate: 20.94µg (5.24%), Vitamin A: 243.5IU (4.87%), Calcium: 47.66mg (4.77%), Vitamin B6: 0.09mg (4.26%), Fiber: 1.06g (4.25%), Zinc: 0.63mg (4.21%), Vitamin E: 0.51mg (3.39%), Potassium: 83.8mg (2.39%), Copper: 0.04mg (2.16%), Magnesium: 8.18mg (2.05%), Vitamin B1: 0.02mg (1.31%)