

Alabama Worley



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



1

CALORIES



3031 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 ounce honey smoked
- ☐ 1 quart honey
- ☐ 1 serving ice cubes
- ☐ 0.5 oz juice of lemon
- ☐ 1 sprig mint leaves
- ☐ 2 dashes peaches
- ☐ 1 quart water
- ☐ 1.5 ounce irish whiskey white

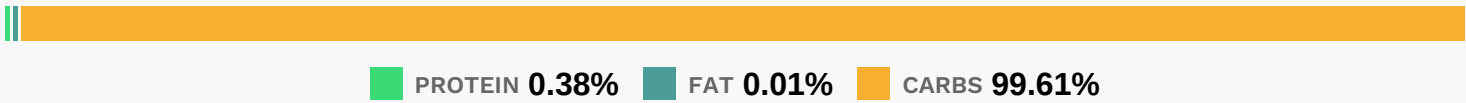
Equipment

- ☐ frying pan
- ☐ stove

Directions

- ☐ For the smoked honey: prepare stovetop smoker with wood chips.
- ☐ Mix honey with water until dissolved, place in shallow pan over wood chips and cover with lid.
- ☐ Place smoker on heat source according to manufacturer directions and allow honey mixture to sit with smoke for 30 minutes.
- ☐ For the cocktail: Fill a cocktail shaker with ice.
- ☐ Add white whiskey, Matilde peche, smoked honey, lemon juice, and bitters. Shake well and strain into ice-filled glass.
- ☐ Garnish with sprig of mint.

Nutrition Facts



Properties

Glycemic Index:159.8, Glycemic Load:412.8, Inflammation Score:2, Nutrition Score:9.8152174267756%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 3030.97kcal (151.55%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 792.85g (264.28%), Net Carbohydrates: 790.77g (287.55%), Sugar: 789.16g (876.85%), Cholesterol: 0mg (0%), Sodium: 89.25mg (3.88%), Alcohol: 15.31g (100%), Alcohol %: 0.96% (100%), Protein: 2.99g (5.97%), Manganese: 0.79mg (39.33%), Copper: 0.52mg (25.96%), Iron: 4.11mg (22.84%), Vitamin B2: 0.37mg (21.81%), Zinc: 2.24mg (14.96%), Potassium: 522.63mg (14.93%), Vitamin C: 10.69mg (12.96%), Vitamin B6: 0.24mg (11.94%), Selenium: 7.74µg (11.06%), Calcium: 91.06mg (9.11%), Fiber: 2.07g (8.29%), Magnesium: 31.04mg (7.76%), Vitamin B5: 0.68mg (6.78%), Vitamin B3: 1.23mg (6.15%), Folate: 23.31µg (5.83%), Phosphorus: 42mg (4.2%)