



All the King's Men



Vegetarian



Gluten Free



Dairy Free

READY IN



2 min.

SERVINGS



1

CALORIES



147 kcal

BEVERAGE

DRINK

Ingredients

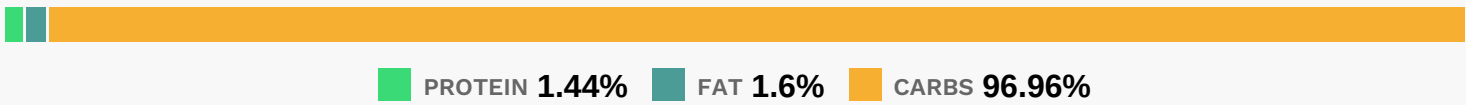
- ☐ 1 ounces prepare as (we like Fever Tree)
- ☐ 0.5 teaspoon honey
- ☐ 1 ounce juice of lemon freshly squeezed
- ☐ 0.5 ounce port wine black (we like Noval)
- ☐ 1.5 ounces tequila

Equipment

Directions

- ☐ Combine the tequila, Averna, port, honey, and lemon juice in a cocktail shaker filled with ice. Cover and shake for 15 seconds, until well chilled.
- ☐ Fill a Collins glass with ice. Simultaneously strain the mixture and pour the ginger beer into the glass. (Or strain mixture into glass, top off with ginger beer, and stir gently.)
- ☐ Garnish with ginger slice and blackberries.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:130.27, Glycemic Load:3.07, Inflammation Score:-3, Nutrition Score:1.1208695470477%

Flavonoids

Petunidin: 0.94mg, Petunidin: 0.94mg, Petunidin: 0.94mg, Petunidin: 0.94mg Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg Malvidin: 13.44mg, Malvidin: 13.44mg, Malvidin: 13.44mg, Malvidin: 13.44mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg 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: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 147.43kcal (7.37%), Fat: 0.07g (0.1%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 9.17g (3.34%), Sugar: 7.21g (8.02%), Cholesterol: 0mg (0%), Sodium: 4.11mg (0.18%), Alcohol: 16.37g (100%), Alcohol %: 17.75% (100%), Protein: 0.14g (0.28%), Vitamin C: 10.99mg (13.32%), Manganese: 0.03mg (1.72%), Folate: 5.74µg (1.43%), Copper: 0.03mg (1.31%), Potassium: 45.19mg (1.29%)