



Alpha Omega



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

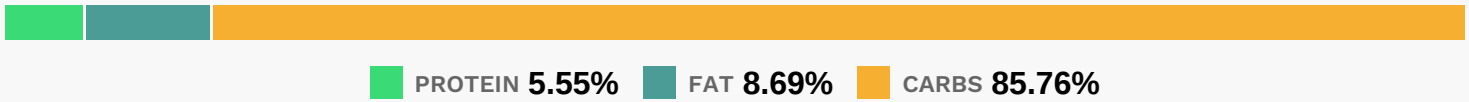
- ☐ 0.3 ounce allspice
- ☐ 1 serving ice cubes
- ☐ 1.5 ounces cooking sherry
- ☐ 1 mandarin orange segents
- ☐ 1 ounce mandarin orange segents freshly squeezed
- ☐ 0.5 ounce frangelico
- ☐ 0.5 ounce frangelico

Equipment

Directions

- ☐ Fill a rocks glass with ice and set it aside.
- ☐ Place the sherry, juice, Cointreau, and allspice dram in a cocktail shaker. Fill the shaker halfway with ice and shake vigorously until the outside is frosty, about 30 seconds. Strain into the prepared glass and garnish with the twist.

Nutrition Facts



Properties

Glycemic Index:114, Glycemic Load:6.32, Inflammation Score:-7, Nutrition Score:6.7547826365284%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Hesperetin: 9.41mg, Hesperetin: 9.41mg, Hesperetin: 9.41mg, Hesperetin: 9.41mg Naringenin: 11.82mg, Naringenin: 11.82mg, Naringenin: 11.82mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 115.18kcal (5.76%), Fat: 0.98g (1.5%), Saturated Fat: 0.23g (1.41%), Carbohydrates: 21.69g (7.23%), Net Carbohydrates: 18.07g (6.57%), Sugar: 12.74g (14.16%), Cholesterol: 0mg (0%), Sodium: 12.71mg (0.55%), Alcohol: 4.38g (100%), Alcohol %: 2.5% (100%), Protein: 1.4g (2.81%), Vitamin C: 33.84mg (41.02%), Vitamin A: 830.61IU (16.61%), Manganese: 0.3mg (15.19%), Fiber: 3.63g (14.5%), Calcium: 95.4mg (9.54%), Potassium: 297.32mg (8.49%), Magnesium: 28.34mg (7.09%), Vitamin B6: 0.13mg (6.34%), Folate: 21.59µg (5.4%), Vitamin B1: 0.08mg (5.12%), Copper: 0.1mg (4.94%), Iron: 0.79mg (4.39%), Phosphorus: 38.93mg (3.89%), Vitamin B3: 0.69mg (3.43%), Vitamin B2: 0.05mg (3.1%), Vitamin B5: 0.27mg (2.7%), Vitamin E: 0.23mg (1.55%), Zinc: 0.21mg (1.4%)