



Beloved's Allsorts Inc.

 Dairy Free

READY IN



4 min.

SERVINGS



1

CALORIES



131 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

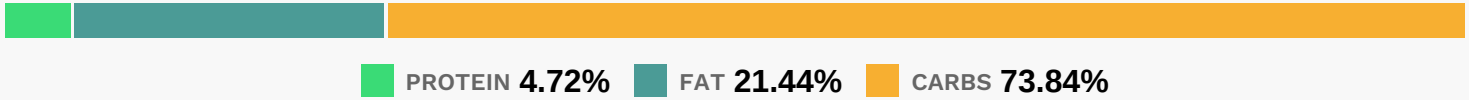
- ☐ 0.3 ounce allspice
- ☐ 0.8 ounce juice of lemon freshly squeezed
- ☐ 3 dashes orange bitters
- ☐ 1 ounce pears
- ☐ 0.5 ounce john d. taylor's velvet falernum
- ☐ 0.3 ounce tequila

Equipment

Directions

- ☐ Fill a cocktail shaker with ice.
- ☐ Add pear eau de vie, mezcal, tequila, lemon juice, Velvet Falernum, allspice dram, and orange bitters. Shake until well chilled, about 15 seconds.
- ☐ Strain into rocks glass filled with ice.

Nutrition Facts



Properties

Glycemic Index:66.75, Glycemic Load:1.8, Inflammation Score:-2, Nutrition Score:4.2143477952999%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 130.8kcal (6.54%), Fat: 2.92g (4.49%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 22.62g (7.54%), Net Carbohydrates: 19.8g (7.2%), Sugar: 9.12g (10.13%), Cholesterol: 0mg (0%), Sodium: 122.97mg (5.35%), Alcohol: 3.72g (100%), Alcohol %: 5.82% (100%), Protein: 1.44g (2.89%), Vitamin C: 12.23mg (14.82%), Manganese: 0.26mg (12.88%), Fiber: 2.81g (11.25%), Calcium: 71.94mg (7.19%), Iron: 1.21mg (6.72%), Copper: 0.12mg (6.2%), Phosphorus: 51.67mg (5.17%), Potassium: 175.7mg (5.02%), Magnesium: 19.49mg (4.87%), Folate: 17.58µg (4.39%), Selenium: 2µg (2.86%), Vitamin B1: 0.04mg (2.68%), Vitamin B3: 0.5mg (2.48%), Vitamin B2: 0.04mg (2.23%), Vitamin B6: 0.04mg (1.92%), Vitamin K: 1.79µg (1.7%), Zinc: 0.23mg (1.51%), Vitamin E: 0.22mg (1.49%)