

Bitter Crush



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 serving ice crushed
- ☐ 1.5 inch optional: lemon
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 dashes orange bitters
- ☐ 3 tablespoons rum white
- ☐ 0.5 teaspoon sugar

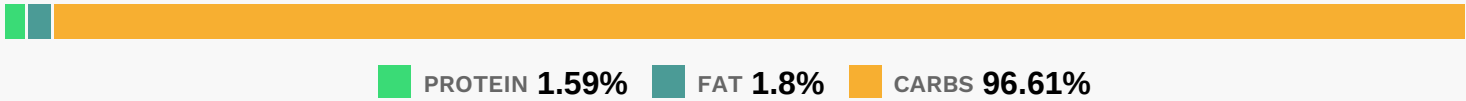
Equipment

- ☐ measuring cup

Directions

- ☐
- Fill an 8- to 10-ounce highball glass with crushed ice. Stir together Aperol, rum, lemon juice, and bitters in a small glass measuring cup.
- ☐
- Add sugar to taste, stirring until sugar is dissolved, then pour over ice.

Nutrition Facts



Properties

Glycemic Index:110.59, Glycemic Load:1.46, Inflammation Score:-2, Nutrition Score:0.40217391304348%

Flavonoids

Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 123.37kcal (6.17%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.02%), Carbohydrates: 3.61g (1.2%), Net Carbohydrates: 3.49g (1.27%), Sugar: 2.48g (2.75%), Cholesterol: 0mg (0%), Sodium: 0.65mg (0.03%), Alcohol: 15.93g (100%), Alcohol %: 34.33% (100%), Protein: 0.06g (0.12%), Vitamin C: 3.95mg (4.79%)