



Bitter Crush



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



145 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
- ☐ 0.3 cup cranberry-orange relish (bitter orange aperitif)

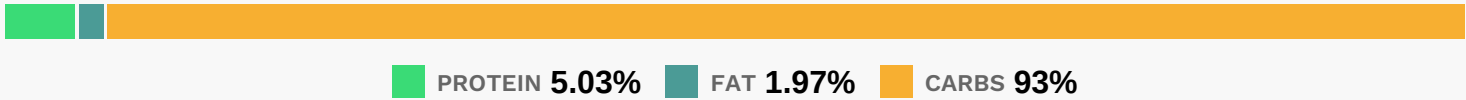
Equipment

☐ 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:153.09, Glycemic Load:3.26, Inflammation Score:-4, Nutrition Score:2.7634783153949%

Flavonoids

Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg, Eriodictyol: 1.06mg Hesperetin: 14.05mg, Hesperetin: 14.05mg, Hesperetin: 14.05mg, Hesperetin: 14.05mg Naringenin: 6.98mg, Naringenin: 6.98mg, Naringenin: 6.98mg, Naringenin: 6.98mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 144.52kcal (7.23%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 8.92g (2.97%), Net Carbohydrates: 7.72g (2.81%), Sugar: 6.68g (7.43%), Cholesterol: 0mg (0%), Sodium: 0.65mg (0.03%), Alcohol: 15.93g (100%), Alcohol %: 19.45% (100%), Protein: 0.48g (0.96%), Vitamin C: 27.89mg (33.81%), Fiber: 1.2g (4.81%), Folate: 14.92µg (3.73%), Vitamin B1: 0.04mg (2.97%), Potassium: 92.8mg (2.65%), Vitamin A: 102.39IU (2.05%), Calcium: 19.34mg (1.93%), Vitamin B6: 0.03mg (1.64%), Copper: 0.03mg (1.61%), Magnesium: 5.11mg (1.28%), Vitamin B2: 0.02mg (1.28%), Vitamin B5: 0.13mg (1.26%), Manganese: 0.02mg (1.06%)