



Blackberry Honey Cocktail

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



211 kcal

BEVERAGE

DRINK

Ingredients

- 0.8 ounce honey 100% pure
- 2 ounces vodka
- 3 blackberries fresh
- 0.8 ounce juice of lemon freshly squeezed
- 3 garnish: blackberry jam 100% pure

Equipment

Directions

- In a pint glass add all spirits and mixers, add ice and shake vigorously for 6 seconds.
- Strain in a Collins glass filled half way with cubed ice.
- Top off with crushed ice. Then crown with hand made jam.

Nutrition Facts

PROTEIN 1.06% **FAT 0.84%** **CARBS 98.1%**

Properties

Glycemic Index:147.27, Glycemic Load:10.32, Inflammation Score:-3, Nutrition Score:1.3391304347826%

Flavonoids

Cyanidin: 6mg, Cyanidin: 6mg, Cyanidin: 6mg, Cyanidin: 6mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg 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 Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Taste

Sweetness: 100%, Saltiness: 8.18%, Sourness: 99.69%, Bitterness: 99.59%, Savoriness: 54.6%, Fattiness: 25.23%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 211.21kcal (10.56%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 21.63g (7.21%), Net Carbohydrates: 21.17g (7.7%), Sugar: 19.74g (21.93%), Cholesterol: 0mg (0%), Sodium: 2.65mg (0.12%), Alcohol: 18.94g (105.21%), Protein: 0.23g (0.47%), Vitamin C: 9.86mg (11.95%), Manganese: 0.06mg (2.98%), Fiber: 0.46g (1.83%), Folate: 6.51µg (1.63%), Copper: 0.03mg (1.48%), Potassium: 45.55mg (1.3%), Vitamin K: 1.19µg (1.13%), Vitamin B2: 0.02mg (1.12%)