

Blood and Sand



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



287 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 ounces ale
- ☐ 1 cup ice cubes
- ☐ 1 dash orange bitters
- ☐ 200 g orange juice
- ☐ 2 ounces scotch whiskey
- ☐ 1 ounce mirin sweet
- ☐ 1 serving xanthan gum

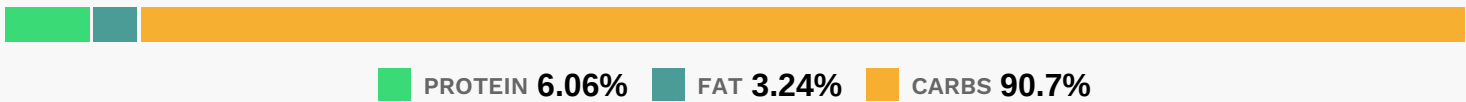
Equipment

- ☐ bowl
- ☐ whisk
- ☐ immersion blender

Directions

- ☐ In a medium bowl, combine 200 grams orange juice, 2.5 grams Versa-Whip (available online), 1/2 gram xanthan gum (also available online). Use immersion blender with whisk attachment to whip juice into foam.
- ☐ In chilled cocktail shaker or pint glass, stir together Scotch, vermouth, bitters, and ice until well combined. Strain into chilled double old-fashioned glass and top with cherry ale and orange foam.
- ☐ These ingredients are usually available online and, in most cases, you must buy in quantity. Willpowder.net is a good source.

Nutrition Facts



Properties

Glycemic Index:107.5, Glycemic Load:11.43, Inflammation Score:-8, Nutrition Score:8.7252174227134%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 23.9mg, Hesperetin: 23.9mg, Hesperetin: 23.9mg, Hesperetin: 23.9mg Naringenin: 4.28mg, Naringenin: 4.28mg, Naringenin: 4.28mg, Naringenin: 4.28mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 286.9kcal (14.34%), Fat: 0.4g (0.62%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 25.16g (8.39%), Net Carbohydrates: 23.99g (8.72%), Sugar: 16.99g (18.87%), Cholesterol: 0mg (0%), Sodium: 44.98mg (1.96%), Alcohol: 25.77g (100%), Alcohol %: 5.63% (100%), Protein: 1.68g (3.36%), Vitamin C: 100mg (121.21%), Folate: 63.4µg (15.85%), Vitamin B1: 0.19mg (12.49%), Potassium: 419.1mg (11.97%), Vitamin A: 400IU (8%), Magnesium: 27.77mg (6.94%), Copper: 0.14mg (6.83%), Vitamin B3: 1.12mg (5.6%), Vitamin B6: 0.11mg (5.3%), Fiber: 1.17g (4.68%), Phosphorus: 46.3mg (4.63%), Vitamin B2: 0.07mg (4.4%), Vitamin B5: 0.4mg (4.03%), Calcium: 31.37mg (3.14%),

Iron: 0.42mg (2.35%), Manganese: 0.04mg (1.85%)