



## Blood and Sand Cocktail

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



112 kcal

BEVERAGE

DRINK

### Ingredients

- 0.5 fluid ounce cherry-flavored brandy
- 1 cup ice cubes
- 0.5 fluid ounce orange juice
- 0.5 fluid ounce scotch whiskey
- 0.5 fluid ounce vermouth sweet

### Equipment

## Directions

- Combine Scotch, sweet vermouth, orange juice, and brandy in a cocktail shaker.
- Add ice, cover, and shake until chilled. Strain into a chilled glass.

## Nutrition Facts

**PROTEIN 7.53%** **FAT 0.4%** **CARBS 92.07%**

## Properties

Glycemic Index:67, Glycemic Load:0.79, Inflammation Score:-2, Nutrition Score:1.0504347971114%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 111.77kcal (5.59%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.02%), Carbohydrates: 15.49g (5.16%), Net Carbohydrates: 15.46g (5.62%), Sugar: 13.98g (15.53%), Cholesterol: 0mg (0%), Sodium: 80.88mg (3.52%), Alcohol: 6.73g (100%), Alcohol %: 2.88% (100%), Protein: 1.27g (2.53%), Vitamin C: 7.39mg (8.96%), Copper: 0.06mg (3.19%), Phosphorus: 23.8mg (2.38%), Selenium: 1.01µg (1.44%), Folate: 4.88µg (1.22%), Magnesium: 4.29mg (1.07%)