

Bloodied Belgian



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



167 kcal

BEVERAGE

DRINK

Ingredients

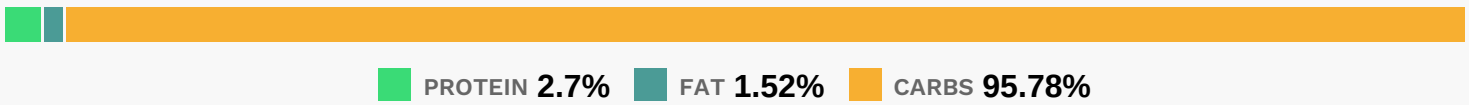
- ☐ 2 ounces blood orange juice freshly squeezed
- ☐ 2 cherries fresh for garnish
- ☐ 4 ounces krielk lambic sour
- ☐ 1 serving ice cubes
- ☐ 0.8 ounce scotch whisky
- ☐ 0.8 ounce vermouth sweet

Equipment

Directions

- ☐ Fill a cocktail shaker halfway full with ice cubes.
- ☐ Add the Scotch, vermouth, and blood orange juice and shake until blended.
- ☐ Strain into a cocktail glass. Top with the ale, drop in the cherries for garnish, and serve.
- ☐ From Beer Cocktails: 50 Superbly Crafted Cocktails that Liven Up Your Lagers and Ales by Howard & Ashley Stelzer. Copyright © 2012 by Howard Stelzer and Ashley Stelzer; photographs © 2012 by Jerry Errico. Published by Harvard Common Press.

Nutrition Facts



Properties

Glycemic Index:89, Glycemic Load:3.5, Inflammation Score:-6, Nutrition Score:2.9504348363565%

Flavonoids

Cyanidin: 4.83mg, Cyanidin: 4.83mg, Cyanidin: 4.83mg, Cyanidin: 4.83mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg, Catechin: 0.7mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg, Epicatechin: 0.8mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 6.78mg, Hesperetin: 6.78mg, Hesperetin: 6.78mg, Hesperetin: 6.78mg Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg, Naringenin: 1.21mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 166.99kcal (8.35%), Fat: 0.15g (0.22%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 20.61g (6.87%), Net Carbohydrates: 20.16g (7.33%), Sugar: 6.83g (7.59%), Cholesterol: 0mg (0%), Sodium: 3.37mg (0.15%), Alcohol: 12.51g (100%), Alcohol %: 5.57% (100%), Protein: 0.58g (1.16%), Vitamin C: 29.47mg (35.72%), Folate: 17.65µg (4.41%), Potassium: 149.13mg (4.26%), Vitamin B1: 0.06mg (3.8%), Vitamin A: 123.64IU (2.47%), Copper: 0.05mg (2.32%), Magnesium: 8.56mg (2.14%), Fiber: 0.45g (1.8%), Vitamin B6: 0.03mg (1.53%), Vitamin B5: 0.14mg (1.4%), Phosphorus: 13.64mg (1.36%), Vitamin B2: 0.02mg (1.32%), Vitamin B3: 0.26mg (1.31%), Manganese: 0.02mg (1.04%)