



Bondage



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



34 kcal

BEVERAGE

DRINK

Ingredients

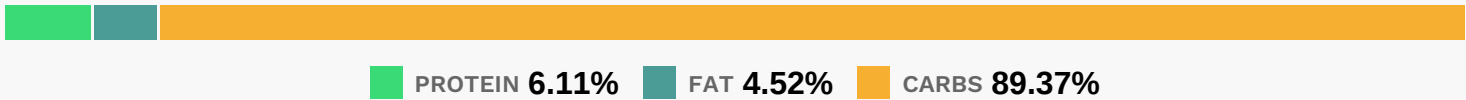
- ☐ 0.8 ounce laird's bonded apple brandy
- ☐ 0.5 ounce ginger liqueur
- ☐ 5 servings ice cubes
- ☐ 1 lemon twist for garnish
- ☐ 0.8 ounce juice of lemon fresh
- ☐ 1 dash orange bitters
- ☐ 0.5 ounce pear liqueur
- ☐ 0.8 ounce bonded rye whiskey

Equipment

Directions

- ☐
- Fill a cocktail shaker with ice.
- ☐
- Add the remaining ingredients except the garnish and shake well. Strain into a chilled coupe and garnish with the lemon twist.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.58, Inflammation Score:-1, Nutrition Score:1.3604348081609%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 4.82mg, Eriodictyol: 4.82mg, Eriodictyol: 4.82mg, Eriodictyol: 4.82mg Hesperetin: 6.64mg, Hesperetin: 6.64mg, Hesperetin: 6.64mg, Hesperetin: 6.64mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 33.69kcal (1.68%), Fat: 0.1g (0.16%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 4.61g (1.54%), Net Carbohydrates: 3.83g (1.39%), Sugar: 2.27g (2.52%), Cholesterol: 0mg (0%), Sodium: 3.69mg (0.16%), Alcohol: 2.76g (100%), Alcohol %: 3.64% (100%), Protein: 0.32g (0.63%), Vitamin C: 13.43mg (16.28%), Fiber: 0.78g (3.11%), Potassium: 50.55mg (1.44%), Copper: 0.03mg (1.29%), Vitamin B6: 0.03mg (1.28%)