

Book-Club Buck



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

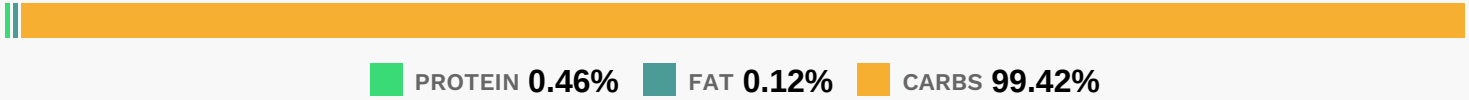
- ☐ 2 ounces seltzer water
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 serving lime zest for garnish
- ☐ 2 ounces cooking sherry
- ☐ 1 ounce simple syrup glaze

Equipment

Directions

- ☐
- Pour the sherry, simple syrup, and lime juice into a cocktail shaker filled with ice. Shake well (until condensation forms on the entire shaker). Strain the mixture into a rocks glass filled with ice. Top with the club soda.
- ☐
- Place the lime peel in the glass.
- ☐
- Peterson's Happy Hour by Valerie Peterson. Copyright © 201

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:1.5217391233081%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 126.8kcal (6.34%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 23.58g (7.86%), Net Carbohydrates: 23.49g (8.54%), Sugar: 21.57g (23.96%), Cholesterol: 0mg (0%), Sodium: 31.5mg (1.37%), Alcohol: 5.84g (100%), Alcohol %: 4.69% (100%), Protein: 0.11g (0.22%), Iron: 1.2mg (6.66%), Vitamin C: 4.79mg (5.81%), Manganese: 0.07mg (3.48%), Vitamin B1: 0.04mg (2.92%), Magnesium: 10.33mg (2.58%), Potassium: 77.82mg (2.22%), Vitamin B6: 0.03mg (1.72%), Vitamin B2: 0.03mg (1.64%), Phosphorus: 14.75mg (1.48%), Calcium: 14.05mg (1.41%), Zinc: 0.19mg (1.28%)