

## Boothby Cocktail

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



217 kcal

BEVERAGE

DRINK

### Ingredients

- 2 dashes angostura bitters
- 1.5 ounces bourbon
- 1 serving ice cubes
- 1 cranberry-orange relish
- 1 ounce sparkling wine chilled
- 1.5 ounces mirin sweet

### Equipment

# Directions

- Chill a champagne glass.
- Combine the bourbon, vermouth, and bitters in a cocktail shaker filled halfway with ice and stir until the shaker is frosty on the outside. Strain into the chilled glass, top with the champagne or sparkling wine, and garnish with the orange twist.

# Nutrition Facts

**PROTEIN 6.43%** **FAT 1.77%** **CARBS 91.8%**

# Properties

Glycemic Index:57.5, Glycemic Load:5.23, Inflammation Score:-7, Nutrition Score:7.1386957712795%

# Flavonoids

Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

# Nutrients (% of daily need)

Calories: 217.23kcal (10.86%), Fat: 0.16g (0.24%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 18.3g (6.1%), Net Carbohydrates: 15.16g (5.51%), Sugar: 12.83g (14.26%), Cholesterol: 0mg (0%), Sodium: 5.21mg (0.23%), Alcohol: 20.96g (100%), Alcohol %: 8.78% (100%), Protein: 1.28g (2.56%), Vitamin C: 69.69mg (84.48%), Fiber: 3.14g (12.58%), Folate: 39.58µg (9.9%), Vitamin B1: 0.12mg (7.77%), Potassium: 262.91mg (7.51%), Vitamin A: 294.75IU (5.89%), Calcium: 56.63mg (5.66%), Vitamin B6: 0.08mg (4.23%), Magnesium: 16.5mg (4.12%), Copper: 0.08mg (4%), Vitamin B2: 0.06mg (3.35%), Vitamin B5: 0.33mg (3.28%), Phosphorus: 24.29mg (2.43%), Manganese: 0.04mg (2.02%), Vitamin B3: 0.4mg (2.02%), Vitamin E: 0.24mg (1.57%), Iron: 0.26mg (1.45%), Selenium: 0.71µg (1.02%)