



Brandy Smash Cocktail



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



147 kcal

BEVERAGE

DRINK

Ingredients

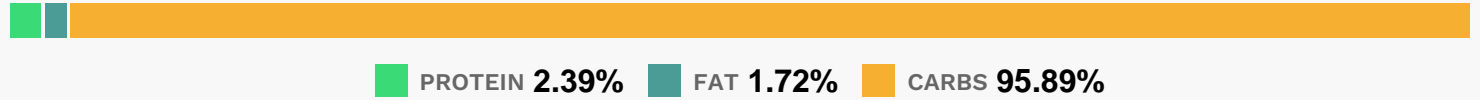
- 1.5 fluid ounces brandy
- 4 mint leaves fresh
- 1.5 cups ice cubes
- 1 sprig mint leaves for garnish
- 0.3 ounce liqueur benedictine®
- 1 teaspoon sugar white

Equipment

Directions

- Place sugar, mint, and a splash of water into a glass. Muddle gently, and then add ice to the glass.
- Pour in brandy and Benedictine, and stir.
- Add fresh mint for garnish.

Nutrition Facts



Properties

Glycemic Index:85.09, Glycemic Load:2.79, Inflammation Score:-3, Nutrition Score:1.1682608547904%

Flavonoids

Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg

Nutrients (% of daily need)

Calories: 147.43kcal (7.37%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 7.51g (2.5%), Net Carbohydrates: 7.11g (2.59%), Sugar: 6.75g (7.5%), Cholesterol: 0mg (0%), Sodium: 19.78mg (0.86%), Alcohol: 17.67g (100%), Alcohol %: 5.39% (100%), Protein: 0.19g (0.38%), Vitamin A: 212.4IU (4.25%), Copper: 0.08mg (4.14%), Manganese: 0.07mg (3.35%), Calcium: 22.84mg (2.28%), Vitamin C: 1.59mg (1.93%), Magnesium: 7.55mg (1.89%), Fiber: 0.4g (1.6%), Iron: 0.27mg (1.52%), Folate: 5.7µg (1.42%)