



Bran's Dram



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

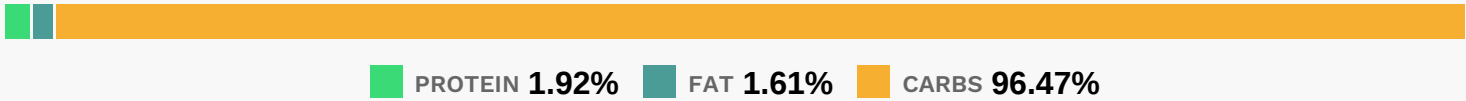
- ☐ 1 teaspoon honey
- ☐ 1 serving optional: lemon
- ☐ 0.5 ounce juice of lemon fresh
- ☐ 1.5 ounces rum white
- ☐ 1 bag freshly tea

Equipment

Directions

- ☐ Steep 1 bag berry herbal tea in a mug with 6 ounces hot water, 2–3 minutes; discard tea bag and stir in 1 1/2 ounces white rum, 1/2 ounce fresh lemon juice, and 1 teaspoon honey.
- ☐ Garnish with a lemon twist.

Nutrition Facts



Properties

Glycemic Index:92.77, Glycemic Load:3.12, Inflammation Score:-2, Nutrition Score:0.88869562890867%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg, Epicatechin 3–gallate: 0.06mg Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg, Epigallocatechin 3–gallate: 0.09mg Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg Thearubigins: 0.81mg, Thearubigins: 0.81mg, Thearubigins: 0.81mg Eriodictyol: 2.19mg, Eriodictyol: 2.19mg, Eriodictyol: 2.19mg, Eriodictyol: 2.19mg Hesperetin: 4mg, Hesperetin: 4mg, Hesperetin: 4mg, Hesperetin: 4mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg Theaflavin–3,3′–digallate: 0.02mg, Theaflavin–3,3′–digallate: 0.02mg, Theaflavin–3,3′–digallate: 0.02mg, Theaflavin–3,3′–digallate: 0.02mg Theaflavin–3′–gallate: 0.02mg, Theaflavin–3′–gallate: 0.02mg, Theaflavin–3′–gallate: 0.02mg, Theaflavin–3′–gallate: 0.02mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 124.67kcal (6.23%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 7.15g (2.6%), Sugar: 6.28g (6.98%), Cholesterol: 0mg (0%), Sodium: 1.02mg (0.04%), Alcohol: 14.2g (100%), Alcohol %: 25.11% (100%), Protein: 0.15g (0.3%), Vitamin C: 9.23mg (11.19%), Fiber: 0.25g (1.01%)