

Buena Vista Fizz



Gluten Free



Dairy Free

READY IN



1440 min.

SERVINGS



1

CALORIES



1383 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 tablespoon endive
- ☐ 1 ounce endive
- ☐ 0.5 ounce seltzer water
- ☐ 0.8 ounce dave's vanilla and coffee syrup
- ☐ 1 cup little demerara sugar
- ☐ 0.5 ounce egg whites
- ☐ 0.5 ounce juice of lemon freshly squeezed
- ☐ 1 serving nutmeg freshly grated

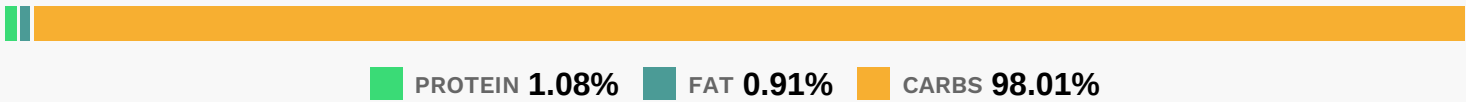
- ☐ 0.3 ounce orange juice freshly squeezed
- ☐ 6 ounces irish whiskey such as bulleit
- ☐ 6 ounces strong coffee decoction
- ☐ 1 ounce irish whiskey

Equipment

Directions

- ☐ For the Chicory-Infused Rye: mix rye and chicory in a resealable glass jar, seal, and shake well.
- ☐ Let infuse overnight, then fine-strain and reseal.
- ☐ For the Cofee Syrup: stir sugar into coffee until dissolved.
- ☐ Let cool before using.
- ☐ For the Cocktail: To make the cocktail, add Jameson, chicory-infused rye, lemon juice, orange juice, coffee syrup, and egg white to a mixing glass. Fill with ice, shake hard until well chilled, about 20 seconds.
- ☐ Pour into Irish coffee glass and top with soda.
- ☐ Garnish with nutmeg and serve immediately.

Nutrition Facts



Properties

Glycemic Index:342, Glycemic Load:15.07, Inflammation Score:-8, Nutrition Score:9.7891305199136%

Flavonoids

Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg
Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.7mg,
Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Eriodictyol: 0.7mg Hesperetin: 2.9mg, Hesperetin: 2.9mg, Hesperetin: 2.9mg,
Hesperetin: 2.9mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Kaempferol:
3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg Myricetin: 0.09mg, Myricetin: 0.09mg,
Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin:
0.16mg

Nutrients (% of daily need)

Calories: 1383.06kcal (69.15%), Fat: 0.9g (1.39%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 218.03g (72.68%), Net Carbohydrates: 216.45g (78.71%), Sugar: 210.19g (233.54%), Cholesterol: 0mg (0%), Sodium: 50.05mg (2.18%), Alcohol: 71.44g (100%), Alcohol %: 13.37% (100%), Caffeine: 68.04mg (22.68%), Protein: 2.41g (4.82%), Vitamin K: 82.74µg (78.8%), Manganese: 0.36mg (17.98%), Vitamin A: 791.61IU (15.83%), Folate: 61.21µg (15.3%), Vitamin C: 11.41mg (13.83%), Vitamin B2: 0.23mg (13.4%), Potassium: 320.68mg (9.16%), Vitamin B5: 0.81mg (8.13%), Iron: 1.2mg (6.68%), Fiber: 1.58g (6.32%), Copper: 0.12mg (6.01%), Vitamin B1: 0.09mg (5.7%), Magnesium: 22.31mg (5.58%), Calcium: 54.28mg (5.43%), Selenium: 3.09µg (4.41%), Zinc: 0.52mg (3.44%), Phosphorus: 32.64mg (3.26%), Vitamin B3: 0.65mg (3.25%), Vitamin E: 0.2mg (1.32%), Vitamin B6: 0.02mg (1.11%)