



Butter 'Nut' Craig

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



7 min.

SERVINGS



1

CALORIES



337 kcal

BEVERAGE

DRINK

Ingredients

- 5 drops angostura bitters
- 0.3 cup butternut squash base
- 0.5 teaspoon ground cinnamon
- 2 lemon wedges
- 1 tablespoon orange liqueur
- 4 tablespoons rum divided
- 1 tablespoon simple syrup glaze
- 1 tablespoon sugar

Equipment

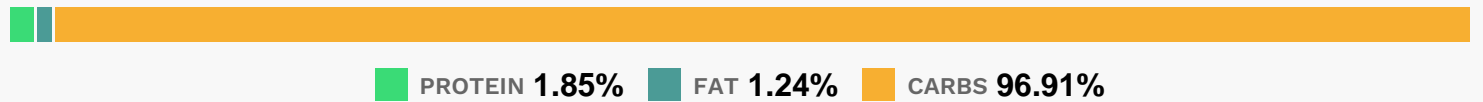
bowl

Directions

Place cinnamon and sugar in a shallow bowl. Dip rim of a glass into a shallow plate with 1 Tbsp. rum; dip in cinnamon-sugar to coat.

Combine Butternut Squash Base, remaining 3 Tbsp. rum, orange liqueur, and next 3 ingredients in a cocktail shaker filled with ice. Squeeze juice from lemon wedge into shaker. Stir, then shake until well chilled. Strain into rimmed glass.

Nutrition Facts



Properties

Glycemic Index:115.59, Glycemic Load:8.99, Inflammation Score:-10, Nutrition Score:7.9121738594511%

Flavonoids

Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 337.26kcal (16.86%), Fat: 0.24g (0.37%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 41.96g (13.99%), Net Carbohydrates: 39.72g (14.44%), Sugar: 33.79g (37.54%), Cholesterol: 0mg (0%), Sodium: 15.74mg (0.68%), Alcohol: 26.19g (100%), Alcohol %: 18.04% (100%), Caffeine: 3.9mg (1.3%), Protein: 0.8g (1.6%), Vitamin A: 3731.37IU (74.63%), Vitamin C: 26.47mg (32.08%), Manganese: 0.27mg (13.5%), Fiber: 2.24g (8.96%), Iron: 1.3mg (7.24%), Potassium: 195.73mg (5.59%), Vitamin B1: 0.08mg (5.32%), Magnesium: 17.83mg (4.46%), Vitamin B6: 0.08mg (4.24%), Calcium: 39.05mg (3.9%), Vitamin E: 0.58mg (3.87%), Folate: 13.47µg (3.37%), Copper: 0.07mg (3.27%), Vitamin B3: 0.52mg (2.59%), Phosphorus: 22.85mg (2.29%), Vitamin B5: 0.21mg (2.12%), Vitamin B2: 0.03mg (1.95%), Zinc: 0.16mg (1.07%)