

Catch-22 Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



54 kcal

BEVERAGE

DRINK

Ingredients



6 tablespoons creole seasoning



4 servings ice cubes



4 orange zest



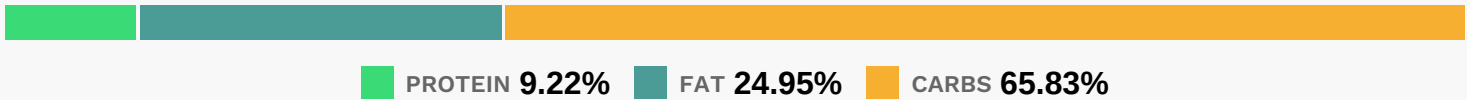
6 tablespoons cooking sherry

Equipment

Directions

- ☐ Chill 4 Martini glasses in freezer 30minutes.
- ☐ Combine all liquors in cocktailshaker; add ice cubes and shake to chill.Strain mixture into cold glasses.
- ☐ Garnisheach with orange peel strip.
- ☐ Batavia arrack is asugarcane–and molasses–based spirit thathas a rum–like flavor. Look for it onlineat drinkupny.com and samswine.com.Cachaça (Brazilian sugarcane liquor) makesa good substitute. Manzanilla Sherry is alight, elegant style of Sherry that comesfrom a seaside town in southern Spain.It is dry and crisp with a hint of saltiness.Manzanilla Sherry is available at liquorstores and online at wine.com. Any finostyle
- ☐ Sherry (such as fino, amontillado, orPalo Cortado) would be a good stand–in.Clément Créole Shrub is a smooth,not–too–sweet orange liqueur made inMartinique. Buy it at liquor stores or onlineat thejugshop.com, or use Cointreau orGrand Marnier instead.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.79, Inflammation Score:-9, Nutrition Score:8.0182607769966%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 53.94kcal (2.7%), Fat: 1.32g (2.03%), Saturated Fat: 0.25g (1.55%), Carbohydrates: 7.83g (2.61%), Net Carbohydrates: 4.52g (1.64%), Sugar: 0.99g (1.1%), Cholesterol: 0mg (0%), Sodium: 6.53mg (0.28%), Alcohol: 2.32g (100%), Alcohol %: 3% (100%), Protein: 1.1g (2.19%), Vitamin A: 3171.15IU (63.42%), Vitamin C: 22.05mg (26.73%), Vitamin E: 2.27mg (15.12%), Fiber: 3.31g (13.25%), Vitamin B6: 0.22mg (10.81%), Manganese: 0.18mg (8.82%), Vitamin K: 6.11µg (5.82%), Potassium: 192.46mg (5.5%), Vitamin B2: 0.08mg (4.89%), Magnesium: 16.85mg (4.21%), Iron: 0.74mg (4.12%), Vitamin B3: 0.78mg (3.92%), Calcium: 34.13mg (3.41%), Folate: 11.77µg (2.94%), Phosphorus: 28.55mg (2.85%), Vitamin B1: 0.04mg (2.67%), Copper: 0.05mg (2.44%), Zinc: 0.25mg (1.66%), Selenium: 0.8µg (1.15%)