

Celtic Smash



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



1167 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 ounce honey
- ☐ 1 cup honey
- ☐ 1 serving ice cubes
- ☐ 0.5 ounce juice of lemon
- ☐ 6 mint leaves for garnish
- ☐ 2 slices orange sections
- ☐ 0.5 cup water boiling
- ☐ 1.5 ounces irish whiskey

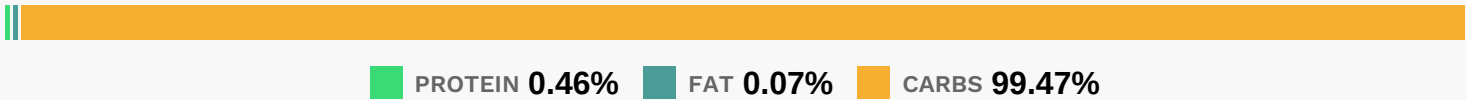
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Place honey and boiling water in a heatproof bowl.
- ☐ Whisk until honey is dissolved.
- ☐ Let cool.
- ☐ Make Cocktail: Fill a cocktail shaker with ice.
- ☐ Add whiskey, benedictine, lemon juice, honey syrup, orange slices, and mint leaves. Shake well for 30 seconds.
- ☐ Place to large cubes of ice in an old fashioned glass. Strain cocktail into glass.
- ☐ Add mint sprig for garnish.

Nutrition Facts



Properties

Glycemic Index:162.05, Glycemic Load:148.79, Inflammation Score:-2, Nutrition Score:4.7956521634174%

Flavonoids

Eriodictyol: 2.55mg, Eriodictyol: 2.55mg, Eriodictyol: 2.55mg, Eriodictyol: 2.55mg Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 1166.67kcal (58.33%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 287.33g (95.78%), Net Carbohydrates: 286.06g (104.02%), Sugar: 284.72g (316.36%), Cholesterol: 0mg (0%), Sodium: 24.56mg (1.07%), Alcohol: 15.31g (100%), Alcohol %: 3.32% (100%), Protein: 1.33g (2.66%), Manganese: 0.35mg (17.65%), Vitamin C: 10.19mg (12.35%), Iron: 1.78mg (9.89%), Copper: 0.18mg (9.07%), Vitamin B2: 0.15mg (8.87%), Potassium: 232.75mg (6.65%), Zinc: 0.86mg (5.75%), Vitamin A: 260.23IU (5.2%), Fiber: 1.26g (5.05%), Vitamin B6: 0.1mg

(4.93%), Folate: 17.2µg (4.3%), Calcium: 42.22mg (4.22%), Selenium: 2.79µg (3.99%), Magnesium: 14.52mg (3.63%),
Vitamin B3: 0.56mg (2.8%), Vitamin B5: 0.28mg (2.79%), Phosphorus: 20.91mg (2.09%)