



## Cherry Jam-hattan

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



228 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 1 serving ice cubes
- 1 tablespoon smucker's cherry preserves
- 1.5 oz bourbon
- 1 oz mirin dry
- 2 dashes angostura bitters
- 1 serving cranberry-orange relish

### Equipment

## Directions

- Fill martini shaker with ice.
- Add preserves, bourbon, vermouth and bitters; place lid on shaker, and shake until cold and blended. Strain into 1 glass.
- Garnish with orange slice.

## Nutrition Facts

**PROTEIN 3.41%** **FAT 0.99%** **CARBS 95.6%**

## Properties

Glycemic Index:112.5, Glycemic Load:11.05, Inflammation Score:-6, Nutrition Score:5.219565163488%

## Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 228.33kcal (11.42%), Fat: 0.12g (0.19%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 26.38g (8.79%), Net Carbohydrates: 24g (8.73%), Sugar: 18.38g (20.42%), Cholesterol: 0mg (0%), Sodium: 9.63mg (0.42%), Alcohol: 17.8g (100%), Alcohol %: 9.44% (100%), Protein: 0.94g (1.88%), Vitamin C: 49.64mg (60.17%), Fiber: 2.38g (9.52%), Folate: 29.2µg (7.3%), Vitamin B1: 0.08mg (5.6%), Potassium: 179.15mg (5.12%), Calcium: 41.68mg (4.17%), Vitamin A: 202.5IU (4.05%), Copper: 0.08mg (3.92%), Vitamin B2: 0.05mg (3.11%), Vitamin B6: 0.06mg (2.92%), Magnesium: 10.36mg (2.59%), Vitamin B5: 0.23mg (2.29%), Manganese: 0.04mg (1.91%), Phosphorus: 18.1mg (1.81%), Vitamin B3: 0.27mg (1.33%), Vitamin E: 0.19mg (1.24%), Selenium: 0.85µg (1.21%), Iron: 0.2mg (1.14%)