



Citrus Sake Mignonette



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



7 min.

SERVINGS



7

CALORIES



21 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoon ginger fresh minced
- ☐ 2 tablespoons grapefruit juice fresh
- ☐ 1 green onion thinly sliced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons orange juice fresh
- ☐ 0.1 teaspoon cracked pepper black
- ☐ 0.3 cup rice wine vinegar

- ☐ 0.3 cup sake dry
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon shallots minced

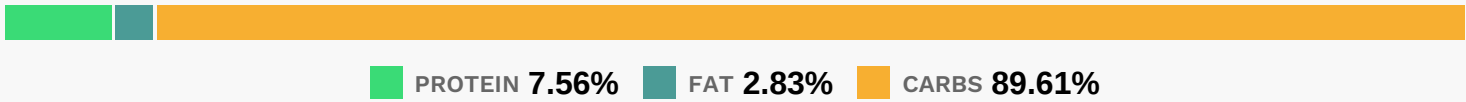
Equipment

- ☐ bowl

Directions

- ☐ Combine first 10 ingredients in a small bowl. Chill 1 hour to blend flavors.
- ☐ Drizzle mignonette over fresh shucked oysters, and sprinkle with sliced green onion.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:0.58, Inflammation Score:-1, Nutrition Score:0.94434783121814%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 1.59mg, Hesperetin: 1.59mg, Hesperetin: 1.59mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 21.19kcal (1.06%), Fat: 0.04g (0.05%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 2.51g (0.84%), Net Carbohydrates: 2.36g (0.86%), Sugar: 1.22g (1.36%), Cholesterol: 0mg (0%), Sodium: 42.63mg (1.85%), Alcohol: 1.38g (100%), Alcohol %: 4.49% (100%), Protein: 0.21g (0.42%), Vitamin C: 6.98mg (8.46%), Vitamin K: 3.65µg (3.48%), Potassium: 39.58mg (1.13%), Folate: 4.45µg (1.11%)