

Coked-Up Monk

 Vegetarian  Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



215 kcal

BEVERAGE

DRINK

Ingredients

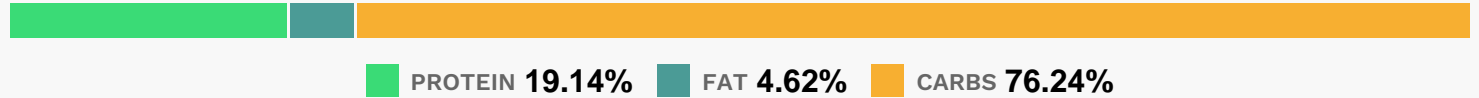
- 3 ounces ale sour
- 1 serving angostura bitters
- 2 ounces coca-cola
- 1 egg whites
- 1 ounce rye flakes
- 2 ounces mirin

Equipment

Directions

- Pour sour ale and Coca-Cola into a chilled coupe glass.
- Add rye, vermouth, and egg white to a cocktail shaker and fill with ice. Shake vigorously until well chilled and frothy, about 20 seconds. Strain slowly over the beer mixture.
- Garnish drink with a few dashes of bitters.

Nutrition Facts



Properties

Glycemic Index:103.5, Glycemic Load:4.64, Inflammation Score:-6, Nutrition Score:12.343478272629%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg, Gallicocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 215.12kcal (10.76%), Fat: 0.83g (1.27%), Saturated Fat: 0.09g (0.53%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 24.31g (8.84%), Sugar: 5.71g (6.35%), Cholesterol: 0mg (0%), Sodium: 55.75mg (2.42%), Alcohol: 9.15g (100%), Alcohol %: 4.5% (100%), Caffeine: 4.54mg (1.51%), Protein: 7.71g (15.42%), Manganese: 1.91mg (95.53%), Selenium: 21.03µg (30.04%), Fiber: 6.41g (25.63%), Phosphorus: 201.25mg (20.12%), Magnesium: 78.71mg (19.68%), Vitamin B2: 0.24mg (14%), Zinc: 1.62mg (10.78%), Iron: 1.92mg (10.65%), Copper: 0.21mg (10.51%), Vitamin B3: 2.03mg (10.14%), Potassium: 279.95mg (8%), Vitamin B6: 0.15mg (7.7%), Vitamin B1: 0.09mg (6.03%), Vitamin B5: 0.52mg (5.17%), Vitamin E: 0.4mg (2.65%), Folate: 10.56µg (2.64%), Calcium: 22.51mg (2.25%), Vitamin K: 1.67µg (1.59%)