

Comancheria



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



187 kcal

SIDE DISH

Ingredients

- ☐ 1 ounce baby corns blue
- ☐ 2 dashes angostura bitters (such as Fee Bros.)
- ☐ 1 cup regular corn
- ☐ 1 serving optional: lemon for garnish
- ☐ 4 ounces frangelico
- ☐ 4 ounces frangelico

Equipment

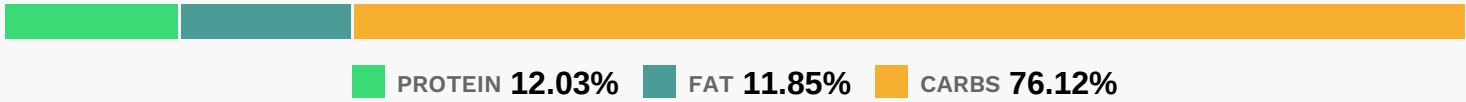
- ☐ bowl

☐ cheesecloth

Directions

- ☐ Place moonshine and tobacco in a small bowl.
- ☐ Let rest 30 minutes.
- ☐ Strain liquid to remove tobacco.
- ☐ Pour liquid through a cheesecloth and reserve. Note: Tobacco tincture will last for about 3 weeks.
- ☐ Place applejack, whiskey, Cynar, bitters, and tincture in a cocktail shaker. Stir until well combined.
- ☐ Place one large ice cube in a highball glass. Strain cocktail into glass and garnish with lemon twist.

Nutrition Facts



Properties

Glycemic Index:136.5, Glycemic Load:18.92, Inflammation Score:-6, Nutrition Score:8.219130417575%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 186.61kcal (9.33%), Fat: 2.76g (4.24%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 39.83g (13.28%), Net Carbohydrates: 35.26g (12.82%), Sugar: 8.71g (9.68%), Cholesterol: 0mg (0%), Sodium: 1.96mg (0.09%), Alcohol: 0.9g (100%), Alcohol %: 0.6% (100%), Protein: 6.3g (12.59%), Fiber: 4.57g (18.29%), Vitamin C: 13.74mg (16.65%), Vitamin B3: 3.08mg (15.38%), Manganese: 0.31mg (15.33%), Vitamin B5: 1.46mg (14.58%), Phosphorus: 141.53mg (14.15%), Vitamin B6: 0.26mg (12.95%), Magnesium: 47.97mg (11.99%), Potassium: 407.18mg (11.63%), Vitamin B1: 0.17mg (11.49%), Folate: 42.71µg (10.68%), Vitamin A: 481.12IU (9.62%), Zinc: 1.13mg (7.57%), Vitamin B2: 0.11mg (6.2%), Iron: 0.86mg (4.79%), Copper: 0.09mg (4.6%), Vitamin E: 0.17mg (1.16%)