



Dark Skies Ahead



Vegetarian



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 ounces ale chilled (or similar)
- ☐ 2 dashes angostura bitters
- ☐ 0.3 ounce juice of lemon
- ☐ 1 ounce rye flakes
- ☐ 1 tablespoon frangelico
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Equipment

Directions

☐ Combine rye, Avena, pumpkin butter, lemon, and bitters in cocktail shaker, fill with ice, and shake until chilled. Double strain into a old fashioned glass. Top with ale.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:1.22, Inflammation Score:-5, Nutrition Score:11.562173749118%

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 Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 139.5kcal (6.98%), Fat: 0.78g (1.2%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 23.9g (7.97%), Net Carbohydrates: 17.48g (6.35%), Sugar: 0.72g (0.8%), Cholesterol: 0mg (0%), Sodium: 3.76mg (0.16%), Alcohol: 4.22g (100%), Alcohol %: 4.36% (100%), Protein: 4.39g (8.77%), Manganese: 1.91mg (95.35%), Fiber: 6.43g (25.71%), Selenium: 14.98µg (21.39%), Phosphorus: 191.64mg (19.16%), Magnesium: 75.83mg (18.96%), Zinc: 1.6mg (10.66%), Iron: 1.84mg (10.21%), Copper: 0.2mg (10.19%), Vitamin B3: 2mg (10.01%), Vitamin B6: 0.16mg (7.79%), Potassium: 237.21mg (6.78%), Vitamin B2: 0.11mg (6.32%), Vitamin B1: 0.09mg (6.07%), Vitamin B5: 0.47mg (4.69%), Vitamin C: 2.74mg (3.32%), Vitamin E: 0.41mg (2.72%), Folate: 10.77µg (2.69%), Calcium: 19.7mg (1.97%), Vitamin K: 1.67µg (1.59%)