

Darkside Iced Tea



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



164 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 ounce juice of lemon freshly squeezed
- ☐ 1 serving lemon wedges
- ☐ 0.5 ounce orange liqueur
- ☐ 0.5 ounce rum (see note above)
- ☐ 0.5 ounce rye flakes
- ☐ 0.5 ounce simple syrup glaze (see note above)

Equipment

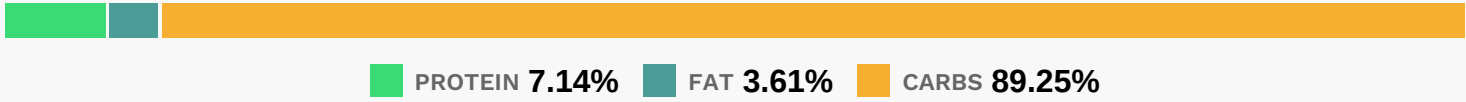
- ☐ drinking straws

Directions

- ☐
- Add rye, rum, Fernet, orange liqueur, lemon juice, and simple syrup to a cocktail shaker. Fill with ice. Shake until well chilled, about 15 seconds.

☐☐

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:6.2073914170589%

Flavonoids

Eriodictyol: 0.91mg, Eriodictyol: 0.91mg, Eriodictyol: 0.91mg, Eriodictyol: 0.91mg Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg, Hesperetin: 2.33mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 163.87kcal (8.19%), Fat: 0.46g (0.71%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 25.74g (8.58%), Net Carbohydrates: 22.47g (8.17%), Sugar: 15.46g (17.18%), Cholesterol: 0mg (0%), Sodium: 9.8mg (0.43%), Alcohol: 8.42g (100%), Alcohol %: 14.85% (100%), Caffeine: 3.69mg (1.23%), Protein: 2.06g (4.12%), Manganese: 0.96mg (47.83%), Fiber: 3.27g (13.1%), Selenium: 7.39µg (10.56%), Magnesium: 37.93mg (9.48%), Phosphorus: 93.43mg (9.34%), Iron: 1.45mg (8.05%), Vitamin C: 6.02mg (7.29%), Copper: 0.11mg (5.67%), Zinc: 0.84mg (5.59%), Vitamin B1: 0.07mg (4.41%), Vitamin B3: 0.83mg (4.15%), Potassium: 132.92mg (3.8%), Vitamin B2: 0.06mg (3.27%), Vitamin B6: 0.06mg (3.21%), Vitamin B5: 0.23mg (2.33%), Vitamin E: 0.22mg (1.47%), Folate: 5.07µg (1.27%), Calcium: 11.03mg (1.1%)