



Delightful Dede



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



243 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 tablespoon almond flour
- ☐ 4 cherries
- ☐ 1 serving ice cubes
- ☐ 0.5 ounce orange juice freshly squeezed
- ☐ 2 ounces rum dark
- ☐ 1 tablespoon sugar

Equipment

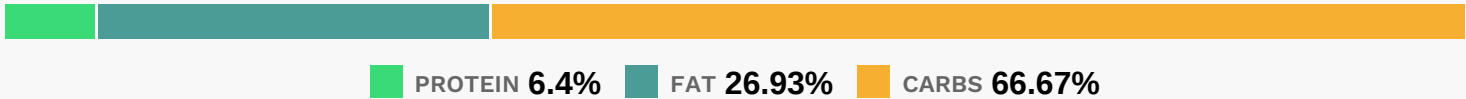
- ☐ bowl

☐ whisk

Directions

- ☐ In a small bowl, whisk together almond meal and sugar. Moisten rim of a coupe glass with orange juice.
- ☐ Place rim of glass in sugar mixture to coat.
- ☐ Muddle cherries in the bottom of a cocktail shaker.
- ☐ Add marzipan, rum, Combier, and orange juice. Fill cocktail shaker with ice. Shake vigorously for 1 minute.
- ☐ Strain cocktail into prepared coupe glass.

Nutrition Facts



Properties

Glycemic Index:159.09, Glycemic Load:10.11, Inflammation Score:-3, Nutrition Score:1.7543478449402%

Flavonoids

Cyanidin: 9.67mg, Cyanidin: 9.67mg, Cyanidin: 9.67mg, Cyanidin: 9.67mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.48mg, Peonidin: 0.48mg, Peonidin: 0.48mg, Peonidin: 0.48mg Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg, Catechin: 1.4mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg, Hesperetin: 1.69mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 243.26kcal (12.16%), Fat: 3.6g (5.53%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 20.03g (6.68%), Net Carbohydrates: 18.59g (6.76%), Sugar: 17.51g (19.45%), Cholesterol: 0mg (0%), Sodium: 3.63mg (0.16%), Alcohol: 18.94g (100%), Alcohol %: 13.49% (100%), Protein: 1.92g (3.84%), Vitamin C: 9.33mg (11.31%), Fiber: 1.44g (5.77%), Potassium: 100.76mg (2.88%), Iron: 0.44mg (2.43%), Copper: 0.05mg (2.36%), Calcium: 22.22mg (2.22%), Manganese: 0.04mg (1.75%), Vitamin B1: 0.02mg (1.65%), Magnesium: 5.64mg (1.41%), Folate: 5.53µg (1.38%),

Vitamin B2: 0.02mg (1.14%), Phosphorus: 11.4mg (1.14%), Vitamin B6: 0.02mg (1.1%)