



Drink the Book: The Dahlgren



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



517 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 dash angostura bitters
- ☐ 4 small pieces candied ginger for garnish
- ☐ 1 ounce seltzer water chilled
- ☐ 3 pieces ginger fresh peeled
- ☐ 0.8 ounce juice of lime fresh
- ☐ 1 ounce port wine
- ☐ 0.5 ounce simple syrup glaze (recipe below)
- ☐ 6 tablespoons caster sugar

☐ 2 ounces tequila

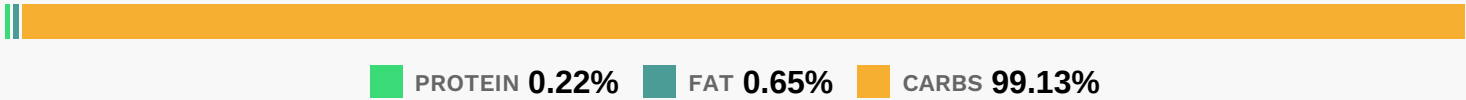
Equipment

- ☐ food processor
- ☐ sieve
- ☐ skewers

Directions

- ☐ To make the Simple Ginger Syrup, coarsely chop the fresh ginger and puree in a food processor. Strain the mixture through a fine mesh sieve; you should have about one ounce of ginger juice. Return the juice to the processor and add superfine sugar and process until well mixed. Strain the syrup into a jar, cover and refrigerate. Will keep about a week.
- ☐ To make the cocktail, add the tequila, port, lime juice, 1/2 ounce ginger syrup and bitters to a shaker filled with ice.
- ☐ Shake well and strain into an ice-filled highball glass.
- ☐ Add club soda to the glass and stir. Skewer the candied ginger pieces on a pick.
- ☐ Garnish the drink with the ginger and lime wheel and serve.

Nutrition Facts



Properties

Glycemic Index:100.09, Glycemic Load:50.33, Inflammation Score:-3, Nutrition Score:1.4156521730449%

Flavonoids

Petunidin: 1.88mg, Petunidin: 1.88mg, Petunidin: 1.88mg, Petunidin: 1.88mg Delphinidin: 1.11mg, Delphinidin: 1.11mg, Delphinidin: 1.11mg, Delphinidin: 1.11mg Malvidin: 26.88mg, Malvidin: 26.88mg, Malvidin: 26.88mg, Malvidin: 26.88mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 2.8mg, Catechin: 2.8mg, Catechin: 2.8mg, Catechin: 2.8mg Epicatechin: 2.14mg, Epicatechin: 2.14mg, Epicatechin: 2.14mg, Epicatechin: 2.14mg Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 516.99kcal (25.85%), Fat: 0.27g (0.41%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 91.9g (30.63%), Net Carbohydrates: 91.75g (33.36%), Sugar: 88.01g (97.79%), Cholesterol: 0mg (0%), Sodium: 19.43mg (0.84%), Alcohol: 23.73g (100%), Alcohol %: 13.14% (100%), Protein: 0.2g (0.4%), Vitamin C: 6.53mg (7.91%), Iron: 0.68mg (3.76%), Manganese: 0.06mg (2.89%), Copper: 0.05mg (2.34%), Vitamin B1: 0.03mg (2.2%), Potassium: 75.48mg (2.16%), Vitamin B2: 0.03mg (1.99%), Magnesium: 7.24mg (1.81%), Selenium: 0.72µg (1.02%)