



Duck Fat Sazerac

 Dairy Free  Very Healthy

READY IN



1440 min.

SERVINGS



1

CALORIES



3319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 dashes angostura bitters
- 1.5 ounces duck fat
- 2 ounces duck fat
- 1 serving optional: lemon
- 750 mL rye flakes
- 1 simple syrup glaze

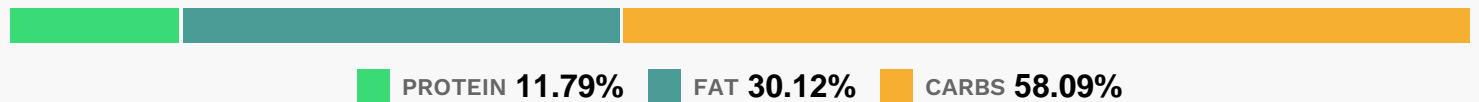
Equipment

- cheesecloth

Directions

- To make the duck fat infused rye: combine the rye and duck fat in a glass container that will fit in your freezer.
- Let infuse at room temperature for 12 hours, then freeze overnight. In the morning, white globs of fat will be floating on top. Strain the rye through a chinois or cheesecloth and reseal for later use.
- Fill a mixing glass with ice.
- Add duck fat infused rye, bitters, and simple syrup. Stir until well chilled, about 15 seconds.
- Rinse a chilled old fashioned glass with absinthe and discard excess. Strain rye mixture into glass.
- Using a match, light the lemon peel over the glass while squeezing it to release citrus oil. Drop the lemon peel into the glass and serve straight up.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.12, Inflammation Score:-10, Nutrition Score:71.239565128865%

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: 3319.39kcal (165.97%), Fat: 119.3g (183.53%), Saturated Fat: 35.19g (219.97%), Carbohydrates: 517.55g (172.52%), Net Carbohydrates: 347.86g (126.49%), Sugar: 8.67g (9.63%), Cholesterol: 99.22mg (33.07%), Sodium: 8.22mg (0.36%), Alcohol: 0.9g (100%), Alcohol %: 0.13% (100%), Protein: 105.08g (210.15%), Manganese: 50.25mg (2512.6%), Fiber: 169.7g (678.78%), Selenium: 382.73µg (546.76%), Phosphorus: 4741.2mg (474.12%), Magnesium: 1860.66mg (465.17%), Zinc: 42.01mg (280.04%), Iron: 48.08mg (267.1%), Copper: 5.25mg (262.64%), Vitamin B3: 41.26mg (206.29%), Potassium: 5485.29mg (156.72%), Vitamin B6: 3.01mg (150.28%), Vitamin B1: 2.25mg (150.27%), Vitamin B2: 2.25mg (132.47%), Vitamin B5: 11.26mg (112.63%), Vitamin E: 13.19mg (87.93%), Calcium: 421.95mg (42.19%), Vitamin K: 44.25µg (42.14%), Vitamin D: 4.76µg (31.75%), Folate: 113.27µg (28.32%), Vitamin C:

3.71mg (4.5%), Vitamin A: 84.04IU (1.68%)