



East of Ireland



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



1479 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 dashes angostura bitters
- ☐ 0.3 ounce honey
- ☐ 0.5 ounce juice of lemon freshly squeezed
- ☐ 1 serving cranberry-orange relish
- ☐ 1 dash orange bitters
- ☐ 1.5 ounces orange juice freshly squeezed
- ☐ 1 tablespoon orange zest
- ☐ 1 pinch saffron threads

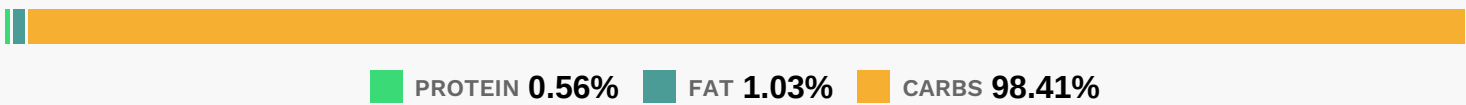
- ☐ 0.8 ounce simple syrup glaze
- ☐ 1.5 cup sugar
- ☐ 1.5 cup water
- ☐ 2 ounces irish whiskey
- ☐ 1 tablespoon cardamom pods whole

Equipment

Directions

- ☐ For the spiced simple syrup, bring water, sugar, cardamom, and cloves to a boil. Stir until sugar is fully dissolved.
- ☐ Add saffron and orange zest, let cool, store in airtight container overnight. Strain before using.
- ☐ For the cocktail, combine all ingredients in a cocktail shaker filled with ice. Shake well and strain into a highball glass over fresh ice and garnish with orange twist.

Nutrition Facts



Properties

Glycemic Index:306.86, Glycemic Load:218.48, Inflammation Score:-6, Nutrition Score:13.787391353237%

Flavonoids

Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 31.66mg, Hesperetin: 31.66mg, Hesperetin: 31.66mg, Hesperetin: 31.66mg Naringenin: 14.89mg, Naringenin: 14.89mg, Naringenin: 14.89mg, Naringenin: 14.89mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 1478.96kcal (73.95%), Fat: 1.6g (2.47%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 343.29g (114.43%), Net Carbohydrates: 338.67g (123.15%), Sugar: 333.57g (370.64%), Cholesterol: 0mg (0%), Sodium: 35.26mg (1.53%), Alcohol: 21.76g (100%), Alcohol %: 3.06% (100%), Protein: 1.96g (3.91%), Vitamin C: 84.12mg (101.97%), Manganese: 1.75mg (87.33%), Fiber: 4.62g (18.48%), Vitamin B1: 0.17mg (11.42%), Iron: 2.03mg (11.3%), Folate: 44.58µg (11.15%), Potassium: 366.92mg (10.48%), Copper: 0.18mg (9.13%), Calcium: 91.06mg (9.11%), Magnesium:

35.54mg (8.88%), Vitamin B2: 0.14mg (8.26%), Vitamin A: 313.86IU (6.28%), Vitamin B6: 0.1mg (5.2%), Zinc: 0.69mg (4.59%), Selenium: 2.58µg (3.68%), Phosphorus: 36.71mg (3.67%), Vitamin B5: 0.36mg (3.59%), Vitamin B3: 0.62mg (3.08%), Vitamin E: 0.22mg (1.44%)