



Easterner



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



173 kcal

BEVERAGE

DRINK

Ingredients

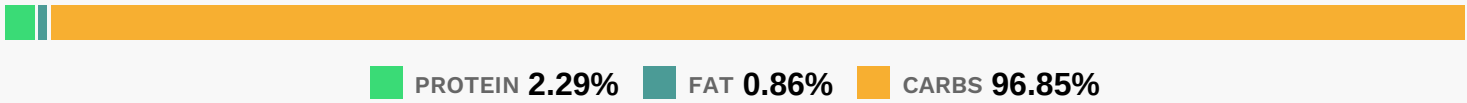
- ☐ 0.3 cup grapefruit juice fresh
- ☐ 1.5 teaspoons grenadine syrup
- ☐ 0.5 teaspoon maple syrup pure
- ☐ 3 tablespoons irish whiskey

Equipment

Directions

Fill a cocktail shaker with ice cubes, then add all ingredients and shake 15 seconds. Strain into a Martini glass.

Nutrition Facts



Properties

Glycemic Index:199.5, Glycemic Load:10, Inflammation Score:-2, Nutrition Score:1.6460869357638%

Nutrients (% of daily need)

Calories: 173.21kcal (8.66%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0%), Carbohydrates: 14.97g (4.99%), Net Carbohydrates: 14.92g (5.42%), Sugar: 12.82g (14.25%), Cholesterol: 0mg (0%), Sodium: 3.92mg (0.17%), Alcohol: 16.2g (100%), Alcohol %: 17.62% (100%), Protein: 0.35g (0.71%), Vitamin C: 15.87mg (19.24%), Manganese: 0.08mg (4.2%), Potassium: 106.43mg (3.04%), Vitamin B2: 0.05mg (2.69%), Magnesium: 6.99mg (1.75%), Iron: 0.25mg (1.41%), Vitamin B3: 0.2mg (1.01%)