

El Nacionalista

READY IN



5 min.

SERVINGS



1

CALORIES



103 kcal

BEVERAGE

DRINK

Ingredients

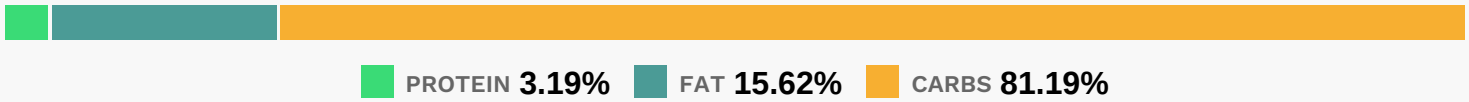
- ☐ 3 dashes mole bitters bittermens® fee brothers® (such as or)
- ☐ 0.5 fluid ounce vermouth dry
- ☐ 1 serving ice cubes
- ☐ 1 lemon zest for garnish
- ☐ 0.5 teaspoon single malt scotch whiskey
- ☐ 1 fluid ounce bitter orange aperitif campari® (such as)
- ☐ 0.5 fluid ounce amaro liqueur

Equipment

Directions

- ☐ Place ice cubes into a cocktail shaker.
- ☐ Pour in Campari, mezcal, Amaro, and vermouth. Shake in a few dashes of bitters. Stir or shake well and strain into a cocktail glass.
- ☐ Drizzle with a few drops of peaty, smoky Scotch. Twist the lemon rind over the drink and drop it in.

Nutrition Facts



Properties

Glycemic Index:100.1, Glycemic Load:1.88, Inflammation Score:-3, Nutrition Score:2.5165217700212%

Flavonoids

Hesperetin: 8.06mg, Hesperetin: 8.06mg, Hesperetin: 8.06mg, Hesperetin: 8.06mg Naringenin: 4.53mg, Naringenin: 4.53mg, Naringenin: 4.53mg, Naringenin: 4.53mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 103.14kcal (5.16%), Fat: 1.08g (1.66%), Saturated Fat: 0.61g (3.81%), Carbohydrates: 12.63g (4.21%), Net Carbohydrates: 11.11g (4.04%), Sugar: 10.32g (11.46%), Cholesterol: 0mg (0%), Sodium: 3.64mg (0.16%), Alcohol: 8.09g (100%), Alcohol %: 8.13% (100%), Protein: 0.5g (0.99%), Vitamin C: 23.47mg (28.45%), Fiber: 1.51g (6.04%), Folate: 9.74µg (2.44%), Copper: 0.05mg (2.26%), Calcium: 22.27mg (2.23%), Potassium: 71.84mg (2.05%), Vitamin B1: 0.03mg (2.01%), Magnesium: 7.81mg (1.95%), Vitamin B6: 0.03mg (1.47%), Vitamin B2: 0.02mg (1.4%), Vitamin A: 69.53IU (1.39%), Manganese: 0.02mg (1.12%)