

Evening in Kingston



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



199 kcal

BEVERAGE

DRINK

Ingredients



1 cup campari



12 cranberry-orange relish



1.5 cups rum (such as Appleton Estate)



1 milliliter sparkling wine



1 cup mirin sweet

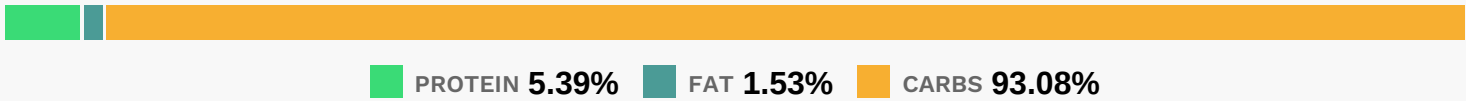
Equipment

Directions

- ☐
- Combine 1 1/2 cups amber rum (such as Appleton Estate), 1 cup Campari, and 1 cup sweet vermouth in a large pitcher; chill until very cold, at least 2 hours and up to 1 day. For each cocktail, pour 2 ounces into a Collins glass filled with ice and top off with 2–3 ounces chilled sparkling wine.

☐

Nutrition Facts



Properties

Glycemic Index:4.79, Glycemic Load:5.23, Inflammation Score:-7, Nutrition Score:6.9213044669317%

Flavonoids

Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 199.42kcal (9.97%), Fat: 0.16g (0.24%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 21.52g (7.17%), Net Carbohydrates: 18.37g (6.68%), Sugar: 12.25g (13.61%), Cholesterol: 0mg (0%), Sodium: 0.31mg (0.01%), Alcohol: 16.39g (100%), Alcohol %: 10.35% (100%), Protein: 1.25g (2.49%), Vitamin C: 69.69mg (84.48%), Fiber: 3.14g (12.58%), Folate: 39.3µg (9.83%), Vitamin B1: 0.12mg (7.72%), Potassium: 237.78mg (6.79%), Vitamin A: 294.75IU (5.89%), Calcium: 52.41mg (5.24%), Vitamin B6: 0.08mg (3.95%), Vitamin B5: 0.33mg (3.28%), Magnesium: 13.11mg (3.28%), Copper: 0.07mg (3.26%), Vitamin B2: 0.05mg (3.15%), Phosphorus: 19.55mg (1.96%), Manganese: 0.04mg (1.91%), Vitamin B3: 0.37mg (1.87%), Vitamin E: 0.24mg (1.57%)