

Ghost of the City

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



169 kcal

BEVERAGE

DRINK

Ingredients

- 1 serving cherry tomatoes
- 1 dash optional: lemon
- 2 ounces irish whiskey white such as low gap

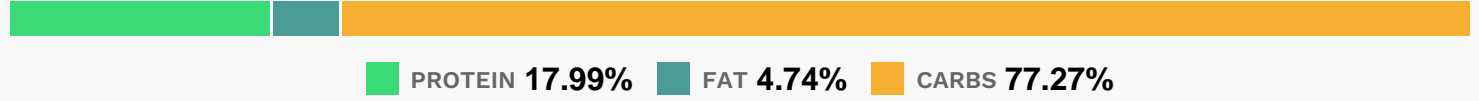
Equipment

Directions

- Fill a mixing glass with ice.

- Add white whiskey, Cocchi Americano, and lemon bitters. Stir for 15 seconds.
- Strain into a chilled cocktail glass.
- Garnish with cherry and serve straight up.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:0.03, Inflammation Score:-7, Nutrition Score:5.7886956981991%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 168.68kcal (8.43%), Fat: 0.17g (0.26%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 6.08g (2.03%), Net Carbohydrates: 5.02g (1.83%), Sugar: 3.77g (4.19%), Cholesterol: 0mg (0%), Sodium: 16.3mg (0.71%), Alcohol: 20.41g (100%), Alcohol %: 12.58% (100%), Protein: 1.42g (2.83%), Vitamin C: 34.27mg (41.54%), Vitamin A: 723.94IU (14.48%), Potassium: 324.59mg (9.27%), Manganese: 0.16mg (8.01%), Copper: 0.12mg (5.97%), Vitamin B6: 0.12mg (5.89%), Iron: 1.02mg (5.69%), Vitamin E: 0.83mg (5.54%), Folate: 19.35µg (4.84%), Phosphorus: 43.3mg (4.33%), Fiber: 1.06g (4.26%), Vitamin B3: 0.82mg (4.08%), Vitamin K: 4.14µg (3.95%), Vitamin B1: 0.06mg (3.88%), Magnesium: 13.4mg (3.35%), Vitamin B2: 0.03mg (1.96%), Vitamin B5: 0.19mg (1.93%), Calcium: 16.54mg (1.65%), Zinc: 0.22mg (1.46%), Selenium: 0.74µg (1.06%)