



Girasol Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



49 kcal

BEVERAGE

DRINK

Ingredients

- 1 serving ice cubes
- 1 serving optional: lemon for garnish
- 2 ounces cooking sherry

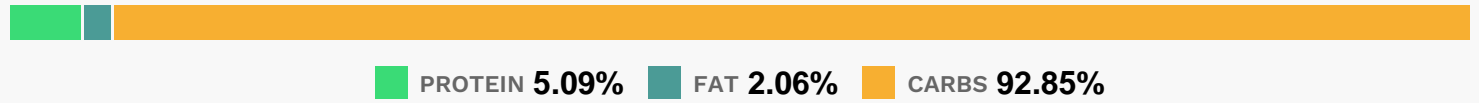
Equipment

Directions

- Place a cocktail glass in the freezer to chill.

- Place the sherry, elderflower liqueur, and bitters in a cocktail shaker.
- Add ice to fill the shaker halfway. Stir briskly with a barspoon until thoroughly chilled, about 30 seconds. Strain into the chilled cocktail glass and garnish with the lemon twist.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:0.88130435209883%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 2.18mg, Hesperetin: 2.18mg, Hesperetin: 2.18mg, Hesperetin: 2.18mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 48.52kcal (2.43%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 2.13g (0.71%), Net Carbohydrates: 1.93g (0.7%), Sugar: 0.72g (0.8%), Cholesterol: 0mg (0%), Sodium: 5.78mg (0.25%), Alcohol: 5.84g (100%), Alcohol %: 6.18% (100%), Protein: 0.12g (0.23%), Vitamin C: 3.71mg (4.5%), Manganese: 0.07mg (3.42%), Magnesium: 6.79mg (1.7%), Vitamin B6: 0.03mg (1.7%), Potassium: 49.92mg (1.43%), Phosphorus: 11.33mg (1.13%), Iron: 0.2mg (1.08%)