



Great Pumpkin



Vegetarian



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

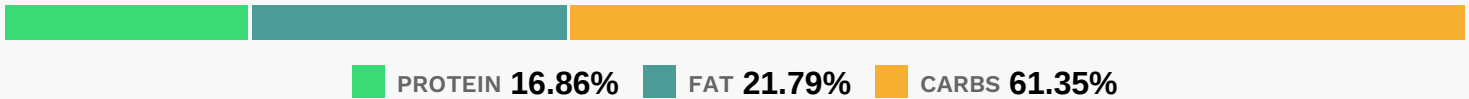
- ☐ 2 ounces ale
- ☐ 1 ounce apples
- ☐ 1 serving ice cubes
- ☐ 0.5 ounce maple syrup
- ☐ 1 serving grating nutmeg whole for garnish
- ☐ 1 ounce rye flakes
- ☐ 1 eggs whole

Equipment

Directions

- ☐ Add pumpkin ale, rye, apple brandy, and maple syrup to a mixing glass. Swirl to decarbonate beer.
- ☐ Add egg and shake without ice until foamy.
- ☐ Add ice, shake well, then strain into chilled serving glass.
- ☐ Garnish with grated nutmeg.

Nutrition Facts



Properties

Glycemic Index:179, Glycemic Load:5.73, Inflammation Score:-6, Nutrition Score:16.799565144207%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 242.67kcal (12.13%), Fat: 5.72g (8.81%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 36.25g (12.08%), Net Carbohydrates: 28.75g (10.46%), Sugar: 12.46g (13.84%), Cholesterol: 163.68mg (54.56%), Sodium: 69.71mg (3.03%), Alcohol: 2.21g (100%), Alcohol %: 1.22% (100%), Protein: 9.96g (19.93%), Manganese: 2.31mg (115.51%), Selenium: 28.34µg (40.48%), Fiber: 7.5g (30.01%), Vitamin B2: 0.49mg (28.75%), Phosphorus: 281.61mg (28.16%), Magnesium: 87.6mg (21.9%), Zinc: 2.32mg (15.47%), Iron: 2.71mg (15.03%), Copper: 0.27mg (13.51%), Vitamin B6: 0.23mg (11.46%), Vitamin B5: 1.14mg (11.4%), Potassium: 352.21mg (10.06%), Vitamin B3: 1.95mg (9.73%), Vitamin B1: 0.13mg (8.44%), Folate: 30.7µg (7.68%), Vitamin B12: 0.4µg (6.72%), Calcium: 65.3mg (6.53%), Vitamin E: 0.91mg (6.07%), Vitamin D: 0.88µg (5.87%), Vitamin A: 258.07IU (5.16%), Vitamin K: 2.43µg (2.31%), Vitamin C: 1.36mg (1.65%)