

Hey Hey, My My



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

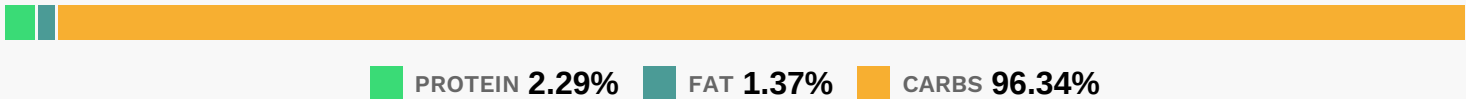
- ☐ 1 ounce grapefruit juice fresh
- ☐ 0.5 ounce juice of lemon fresh
- ☐ 0.8 ounce cooking sherry
- ☐ 0.3 ounce simple syrup glaze
- ☐ 1.5 ounces frangelico
- ☐ 1.5 ounces frangelico

Equipment

Directions

☐ Combine 1 1/2 ounces Aperol, 3/4 ounce fino Sherry, 1 ounce fresh grapefruit juice, 1/2 ounce fresh lemon juice, and 1/4 ounce honey simple syrup (shake 3 tablespoons honey with 1 tablespoon hot water; chill) in a cocktail shaker. Fill with ice, cover, and shake until outside of shaker is frosty, about 30 seconds. Strain into a coupe glass.

Nutrition Facts



Properties

Glycemic Index:63, Glycemic Load:1.58, Inflammation Score:-1, Nutrition Score:1.3421739328491%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 2.14mg, Hesperetin: 2.14mg, Hesperetin: 2.14mg, Hesperetin: 2.14mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 52.66kcal (2.63%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 9.86g (3.29%), Net Carbohydrates: 9.79g (3.56%), Sugar: 8.87g (9.85%), Cholesterol: 0mg (0%), Sodium: 5.88mg (0.26%), Alcohol: 2.19g (100%), Alcohol %: 3.92% (100%), Protein: 0.23g (0.47%), Vitamin C: 13.11mg (15.89%), Iron: 0.44mg (2.43%), Potassium: 80.09mg (2.29%), Magnesium: 6.52mg (1.63%), Manganese: 0.03mg (1.33%)