

Jbird Swizzle



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



1754 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.8 teaspoon allspice
- ☐ 1 serving basil
- ☐ 1 Dash angostura bitters
- ☐ 1 pint blueberries
- ☐ 0.5 ounce blueberries
- ☐ 1 serving ice crushed
- ☐ 0.3 ounce juice of lemon
- ☐ 1 ounce juice of lime freshly squeezed

- ☐ 0.5 ounce pineapple juice
- ☐ 2 ounces rum
- ☐ 8 ounces rum
- ☐ 0.8 teaspoon simple syrup glaze
- ☐ 1 cup sugar
- ☐ 1 freshly tea
- ☐ 1 vanilla pod
- ☐ 1 cup water

Equipment

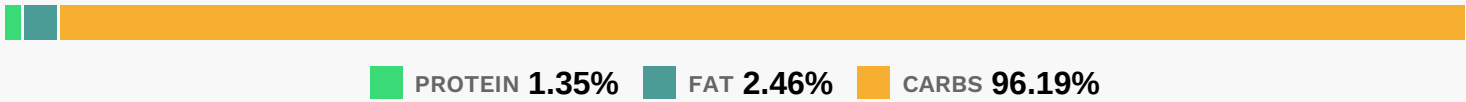
- ☐ sauce pan
- ☐ wooden spoon
- ☐ measuring cup

Directions

- ☐ Make the jasmine-infused rum: stir jasmine tea into rum in a nonreactive resealable jar.
- ☐ Let stand 90 minutes, then strain. Keep sealed.
- ☐ Heat blueberries in a saucepan, smashing berries with a muddler or wooden spoon.
- ☐ Add lemon juice and water, bring to a simmer. Strain mixture into a measuring cup, add an equal amount of sugar (about 1 1/2 cups.)
- ☐ Let cool and keep refrigerated.
- ☐ Add water and sugar to a small saucepan. Split and scrape vanilla bean into saucepan, adding pod.
- ☐ Heat gently to a simmer, stirring until sugar dissolves.
- ☐ Let cool. Strain and keep refrigerated.
- ☐ Pour rum, lime juice, orgeat, blueberry syrup, pineapple juice, vanilla simple syrup, and allspice dram into a cocktail shaker and shake without ice.
- ☐ Pour into a chilled pilsner glass and fill with crushed ice. Vibrate crushed ice with a swizzle stick or cocktail spoon to dilute and chill the ingredients. Dash Peychaud's bitters on top of drink and add more crushed ice to create a cone.

Garnish with basil sprig.

Nutrition Facts



Properties

Glycemic Index:311.09, Glycemic Load:164.16, Inflammation Score:-9, Nutrition Score:21.326956914819%

Flavonoids

Cyanidin: 41.23mg, Cyanidin: 41.23mg, Cyanidin: 41.23mg, Cyanidin: 41.23mg Petunidin: 153.66mg, Petunidin: 153.66mg, Petunidin: 153.66mg, Petunidin: 153.66mg Delphinidin: 172.67mg, Delphinidin: 172.67mg, Delphinidin: 172.67mg, Delphinidin: 172.67mg Malvidin: 329.4mg, Malvidin: 329.4mg, Malvidin: 329.4mg, Malvidin: 329.4mg Peonidin: 98.88mg, Peonidin: 98.88mg, Peonidin: 98.88mg, Peonidin: 98.88mg Catechin: 25.8mg, Catechin: 25.8mg, Catechin: 25.8mg, Catechin: 25.8mg Epigallocatechin: 3.3mg, Epigallocatechin: 3.3mg, Epigallocatechin: 3.3mg, Epigallocatechin: 3.3mg Epicatechin: 3.04mg, Epicatechin: 3.04mg, Epicatechin: 3.04mg, Epicatechin: 3.04mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg, Theaflavin: 0.02mg Thearubigins: 0.81mg, Thearubigins: 0.81mg, Thearubigins: 0.81mg, Thearubigins: 0.81mg Eriodictyol: 0.97mg, Eriodictyol: 0.97mg, Eriodictyol: 0.97mg, Eriodictyol: 0.97mg Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 8.1mg, Kaempferol: 8.1mg, Kaempferol: 8.1mg, Kaempferol: 8.1mg Myricetin: 6.34mg, Myricetin: 6.34mg, Myricetin: 6.34mg, Myricetin: 6.34mg Quercetin: 37.57mg, Quercetin: 37.57mg, Quercetin: 37.57mg, Quercetin: 37.57mg Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg, Theaflavin-3,3'-digallate: 0.02mg Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg, Theaflavin-3'-gallate: 0.02mg Gallocatechin: 0.6mg, Gallocatechin: 0.6mg, Gallocatechin: 0.6mg, Gallocatechin: 0.6mg

Nutrients (% of daily need)

Calories: 1753.87kcal (87.69%), Fat: 3.2g (4.92%), Saturated Fat: 0.18g (1.14%), Carbohydrates: 281.25g (93.75%), Net Carbohydrates: 269.04g (97.83%), Sugar: 254.19g (282.43%), Cholesterol: 0mg (0%), Sodium: 26.82mg (1.17%), Alcohol: 95.14g (100%), Alcohol %: 9.47% (100%), Protein: 3.96g (7.91%), Vitamin K: 102.57µg (97.69%), Manganese: 1.84mg (92.16%), Vitamin C: 60.89mg (73.8%), Fiber: 12.22g (48.86%), Copper: 0.43mg (21.25%), Vitamin E: 2.87mg (19.13%), Vitamin B2: 0.26mg (15.48%), Vitamin B1: 0.22mg (14.89%), Vitamin B6: 0.29mg (14.54%), Potassium: 469.06mg (13.4%), Iron: 2.01mg (11.18%), Vitamin B3: 2.22mg (11.08%), Magnesium: 39.87mg (9.97%), Folate: 37.99µg (9.5%), Phosphorus: 78.74mg (7.87%), Vitamin A: 392.08IU (7.84%), Zinc: 1.02mg (6.8%), Vitamin B5: 0.66mg (6.61%), Calcium: 58.74mg (5.87%), Selenium: 1.82µg (2.6%)