



WHATSheATE



La Condesa's Ahumado Seco



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



1

CALORIES



431 kcal

SIDE DISH

Ingredients



1 cup hibiscus petals dried (see note above)



2 ounces ginger fresh peeled chopped



0.8 ounce ginger



4 ounces pepperoncini pepper juice fresh



1 serving orange zest julienned for garnish



4 ounces simple syrup glaze (see note above)



4 cups water

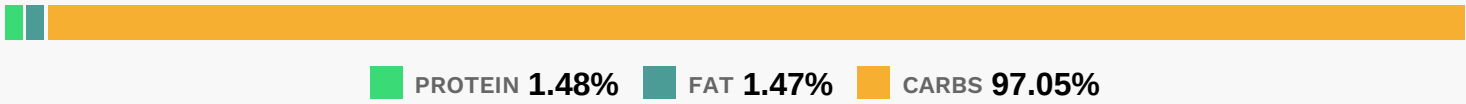
Equipment

☐ sauce pan

Directions

- ☐ To make the hibiscus agua fresca, combine the hibiscus, ginger, and water in a medium saucepan. Simmer on medium heat until reduced to 1 1/2 cups, about 20 minutes. Allow to cool, then strain.
- ☐ Add simple syrup and lemon juice.
- ☐ To make the cocktail, combine the mezcal, ginger liqueur, and hibiscus agua fresca in an ice filled cocktail shaker. Shake for 15 seconds and strain into an ice filled rocks glass.
- ☐ Garnish with orange peel and ginger.

Nutrition Facts



Properties

Glycemic Index:70.75, Glycemic Load:6.97, Inflammation Score:-7, Nutrition Score:9.1769565476672%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Epicatechin: 5.34mg, Epicatechin: 5.34mg, Epicatechin: 5.34mg, Epicatechin: 5.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 431.21kcal (21.56%), Fat: 0.76g (1.16%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 112.61g (37.54%), Net Carbohydrates: 109.55g (39.84%), Sugar: 95.24g (105.82%), Cholesterol: 0mg (0%), Sodium: 137.58mg (5.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.42%), Iron: 4.97mg (27.62%), Vitamin C: 21.24mg (25.74%), Copper: 0.37mg (18.75%), Magnesium: 69.73mg (17.43%), Potassium: 582.27mg (16.64%), Vitamin A: 751.83IU (15.04%), Vitamin B1: 0.21mg (13.67%), Manganese: 0.26mg (13.12%), Fiber: 3.06g (12.23%), Calcium: 102.93mg (10.29%), Vitamin B6: 0.17mg (8.31%), Vitamin B2: 0.12mg (7.33%), Vitamin B3: 0.98mg (4.92%), Phosphorus: 48.4mg (4.84%), Zinc: 0.72mg (4.82%), Folate: 14.54µg (3.64%), Vitamin B5: 0.27mg (2.73%), Selenium: 1.57µg (2.25%), Vitamin E: 0.24mg (1.63%)