



HEALTH SCORE

74%

La Escuelita: Baja Mexico's Wine Incubator



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



115 kcal

SIDE DISH

Ingredients



3 ounce club soda to taste (or)



1 medium ice cubes as needed



5 ounce very young petite sirah

Equipment

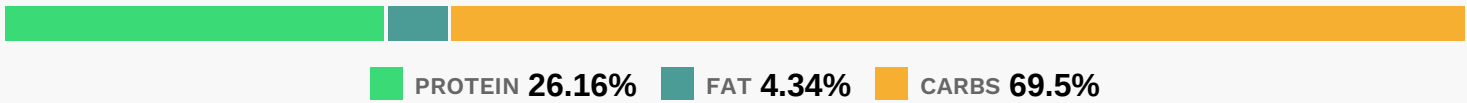


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Directions

- ☐
- Lightly crush the cloves and place them with the wine into the pint glass of a Boston shaker. Set the mixture aside about 10 minutes to infuse the flavors.Fill the metal part of a Boston shaker 2/3 full with medium ice cubes.
- ☐
- Pour the wine mixture (including the cloves) over the ice, then cap the shaker with the pint glass. Shake vigorously until well chilled; about 20 seconds. Uncap the pint glass and use a Hawthorn strainer to strain the liquid from the shaker into the ice-filled tumbler; it's fine if bits of cracked cloves and shards of ice are included in the pour.
- ☐
- Add the club soda and mezcal (if using). Stir vigorously with a long handled bar spoon.
- ☐
- Serve.Like this:Like Loading...

Nutrition Facts



Properties

Glycemic Index:44.33, Glycemic Load:5.47, Inflammation Score:-8, Nutrition Score:15.459565411443%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg

Nutrients (% of daily need)

Calories: 114.82kcal (5.74%), Fat: 0.57g (0.87%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 20.41g (6.8%), Net Carbohydrates: 12.33g (4.48%), Sugar: 8.04g (8.93%), Cholesterol: 0mg (0%), Sodium: 25.65mg (1.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.68g (15.37%), Vitamin C: 56.7mg (68.73%), Vitamin K: 35.15µg (33.48%), Fiber: 8.08g (32.32%), Manganese: 0.58mg (29.1%), Vitamin B1: 0.38mg (25.14%), Folate: 92.14µg (23.03%), Vitamin A: 1084.37IU (21.69%), Phosphorus: 153.09mg (15.31%), Vitamin B3: 2.96mg (14.81%), Copper: 0.26mg (12.84%), Zinc: 1.84mg (12.29%), Vitamin B6: 0.24mg (11.98%), Magnesium: 47.77mg (11.94%), Iron: 2.09mg (11.62%), Vitamin B2: 0.19mg (11.01%), Potassium: 347.57mg (9.93%), Calcium: 40.11mg (4.01%), Selenium: 2.55µg (3.64%), Vitamin B5: 0.15mg (1.47%), Vitamin E: 0.18mg (1.23%)