



La Llorona



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



284 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

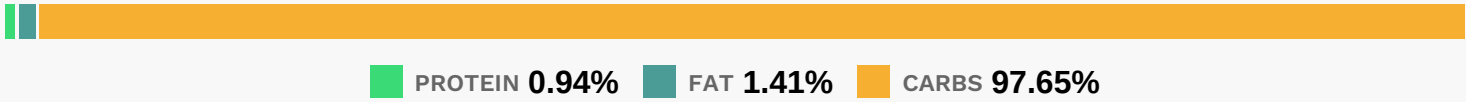
- ☐ 1 Dash angostura bitters
- ☐ 3 ounces brandy
- ☐ 1.5 tablespoons granulated sugar
- ☐ 1 serving ice crushed
- ☐ 1 ounce juice of lemon fresh
- ☐ 1 ounce juice of lime fresh

Equipment

Directions

- ☐ In a cocktail shaker filled with crushed ice, combine brandy, juices, and sugar. Cover, shake vigorously for 15 seconds, and strain into a cocktail glass. Top with a few drops of bitters.
- ☐ Add some dry ice for a spooky effect.
- ☐ Dry ice is quite safe to use in drinks, but you should not touch it. Wait for the ice to melt before actually drinking it as it can burn your skin.
- ☐ From *Muy Bueno: Three Generations of Authentic Mexican Flavor* by Yvette Marquez-Sharpnack, Veronica Gonzalez-Smith, and Evangelina Soza, © 2012 Hippocrene Books

Nutrition Facts



Properties

Glycemic Index:85.09, Glycemic Load:12.57, Inflammation Score:-4, Nutrition Score:1.7669565554546%

Flavonoids

Eriodictyol: 2mg, Eriodictyol: 2mg, Eriodictyol: 2mg, Eriodictyol: 2mg Hesperetin: 6.65mg, Hesperetin: 6.65mg, Hesperetin: 6.65mg, Hesperetin: 6.65mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 283.85kcal (14.19%), Fat: 0.15g (0.22%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 22.73g (7.58%), Net Carbohydrates: 22.53g (8.19%), Sugar: 19.29g (21.43%), Cholesterol: 0mg (0%), Sodium: 1.93mg (0.08%), Alcohol: 28.86g (100%), Alcohol %: 22.61% (100%), Protein: 0.22g (0.44%), Vitamin C: 19.48mg (23.61%), Folate: 8.5µg (2.13%), Potassium: 64.43mg (1.84%), Copper: 0.03mg (1.57%), Vitamin B1: 0.02mg (1.27%), Vitamin B6: 0.02mg (1.23%), Manganese: 0.02mg (1.23%)