

Lady of the Lake



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



3916 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 tablespoons the petals from dandelion flowers
- ☐ 1 dash angostura bitters (see recipe below)
- ☐ 0.5 tablespoon cardamom
- ☐ 0.5 tablespoon cilantro leaves
- ☐ 0.8 ounce honey (see notes)
- ☐ 20 tablespoons culinary lavender buds
- ☐ 1 serving optional: lemon
- ☐ 0.8 ounce juice of lemon

- ☐ 1 tablespoon peppercorns white
- ☐ 1.5 ounce vodka (see recipe below)
- ☐ 750 ml vodka
- ☐ 750 ml vodka (Devil's Spring recommended)

Equipment

Directions

- ☐ To make the lavender bitters: In a jar with a sealable lid, combine overproof vodka and all remaining ingredients.
- ☐ Let steep for one week. Strain before using.
- ☐ To make the infused vodka: In a jar with a sealable lid, combine vodka and heather flowers.
- ☐ Let steep for two days. Strain before using.
- ☐ Combine all ingredients in cocktail shaker with ice. Shake vigorously and strain into coupe. Squeeze lemon twist on top of drink and add as garnish.

Nutrition Facts



Properties

Glycemic Index:191.77, Glycemic Load:10.55, Inflammation Score:-10, Nutrition Score:21.733478136685%

Flavonoids

Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 3916.03kcal (195.8%), Fat: 4.13g (6.36%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 70.34g (23.45%), Net Carbohydrates: 61.6g (22.4%), Sugar: 18.36g (20.4%), Cholesterol: 0mg (0%), Sodium: 19.48mg (0.85%), Alcohol: 522.88g (100%), Alcohol %: 32.86% (100%), Protein: 6g (12%), Iron: 57.68mg (320.43%), Manganese: 2.14mg (106.89%), Calcium: 720.3mg (72.03%), Vitamin C: 48.73mg (59.07%), Fiber: 8.73g (34.94%), Potassium:

716.66mg (20.48%), Vitamin A: 971.01IU (19.42%), Magnesium: 69.49mg (17.37%), Phosphorus: 168.15mg (16.81%), Vitamin K: 16.99µg (16.18%), Copper: 0.31mg (15.75%), Vitamin B2: 0.15mg (8.58%), Vitamin B1: 0.1mg (6.87%), Vitamin B6: 0.06mg (2.84%), Zinc: 0.41mg (2.7%), Vitamin B5: 0.2mg (1.97%), Folate: 7.27µg (1.82%), Selenium: 0.71µg (1.02%), Vitamin E: 0.15mg (1.01%), Vitamin B3: 0.2mg (1.01%)