



Lost in Texas



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



172 kcal

BEVERAGE

DRINK

Ingredients

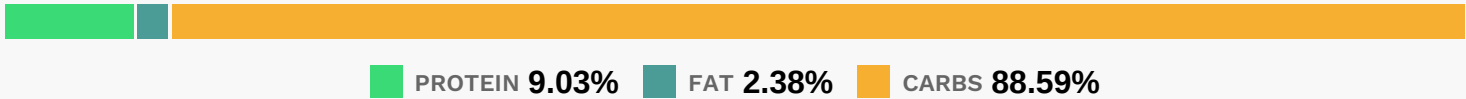
- ☐ 2 dashes angostura bitters
- ☐ 6 tablespoons bock beer
- ☐ 2 tablespoons bitter liqueur italian
- ☐ 1 Tbsp apricot brandy
- ☐ 1 serving ice cubes
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 serving garnish: orange peel strip
- ☐ 2 tablespoons vodka

Equipment

Directions

- ☐ Combine beer, vodka, liqueur, apricot brandy, lemon juice, and Angostura bitters in a cocktail shaker. Cover with lid, and shake vigorously until thoroughly chilled (about 30 seconds).
- ☐ Pour into a 12- to 16-oz. glass filled with ice.
- ☐ Garnish, if desired.
- ☐ Note: We tested with Shiner Bock beer, Tito's Handmade Vodka, and Averna Amaro Italian bitter liqueur.

Nutrition Facts



Properties

Glycemic Index:70.5, Glycemic Load:1.29, Inflammation Score:-6, Nutrition Score:5.0221739242906%

Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 172.14kcal (8.61%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 7.1g (2.58%), Sugar: 0.64g (0.71%), Cholesterol: 0mg (0%), Sodium: 8.84mg (0.38%), Alcohol: 19.44g (100%), Alcohol %: 9.87% (100%), Protein: 0.94g (1.88%), Vitamin C: 46.97mg (56.93%), Fiber: 2.15g (8.58%), Folate: 33.29µg (8.32%), Potassium: 153.33mg (4.38%), Vitamin B6: 0.08mg (4.11%), Vitamin A: 190.59IU (3.81%), Magnesium: 14.53mg (3.63%), Vitamin B3: 0.7mg (3.52%), Calcium: 31.12mg (3.11%), Vitamin B2: 0.05mg (2.95%), Phosphorus: 27.59mg (2.76%), Vitamin B1: 0.04mg (2.45%), Copper: 0.04mg (2.16%), Zinc: 0.29mg (1.96%), Manganese: 0.04mg (1.9%), Vitamin B5: 0.18mg (1.78%), Iron: 0.26mg (1.46%), Selenium: 0.73µg (1.05%)