



## Maru

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**139 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

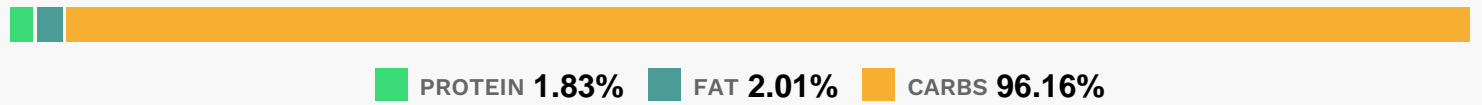
- 12 blackberries fresh
- 2 ounces rum
- 4 servings ice cubes
- 4 ounces mandarin orange segents freshly squeezed
- 3 ounces st. germain

## Equipment

# Directions

- Muddle the blackberries in the bottom of a cocktail shaker. Fill the shaker halfway full with ice cubes, add the mandarin orange juice, Chambord, and St-Germain, and shake vigorously.
- Strain into four goblets or wine glasses, top with the Sapporo, and serve.
- From Beer Cocktails: 50 Superbly Crafted Cocktails that Liven Up Your Lagers and Ales by Howard & Ashley Stelzer. Copyright © 2012 by Howard Stelzer and Ashley Stelzer; photographs © 2012 by Jerry Errico. Published by Harvard Common Press.

# Nutrition Facts



# Properties

Glycemic Index:16.75, Glycemic Load:1.43, Inflammation Score:-3, Nutrition Score:1.6186956342148%

# Flavonoids

Cyanidin: 6mg, Cyanidin: 6mg, Cyanidin: 6mg, Cyanidin: 6mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg, Catechin: 2.22mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 2.25mg, Hesperetin: 2.25mg, Hesperetin: 2.25mg, Hesperetin: 2.25mg Naringenin: 2.84mg, Naringenin: 2.84mg, Naringenin: 2.84mg, Naringenin: 2.84mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

# Nutrients (% of daily need)

Calories: 138.51kcal (6.93%), Fat: 0.16g (0.25%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 17.16g (5.72%), Net Carbohydrates: 16.33g (5.94%), Sugar: 16.04g (17.82%), Cholesterol: 0mg (0%), Sodium: 4.56mg (0.2%), Alcohol: 3.69g (100%), Alcohol %: 3.71% (100%), Caffeine: 3.69mg (1.23%), Protein: 0.33g (0.65%), Vitamin C: 8.83mg (10.7%), Vitamin A: 205.9IU (4.12%), Fiber: 0.83g (3.31%), Manganese: 0.05mg (2.61%), Copper: 0.04mg (1.82%), Potassium: 61.03mg (1.74%), Folate: 6.04µg (1.51%), Calcium: 14.05mg (1.41%), Magnesium: 5.59mg (1.4%), Vitamin B1: 0.02mg (1.21%), Vitamin B6: 0.02mg (1.2%), Vitamin K: 1.19µg (1.13%)