



Matcharita



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

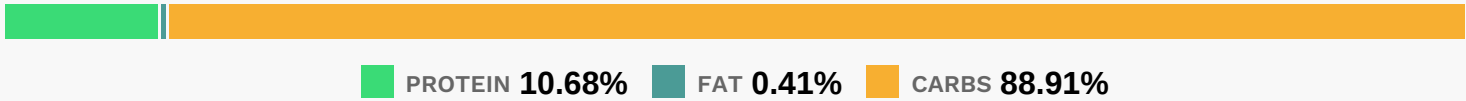
- ☐ 1 serving ice cubes
- ☐ 2 tsp maraschino liqueur
- ☐ 0.3 tsp matcha tea powder brewed
- ☐ 2 tsp cranberry-orange relish
- ☐ 1 slices salt black
- ☐ 1.8 fl. oz. tequila
- ☐ 4 tsp yuzu juice drink unsalted

Equipment

Directions

- ☐ Shake all the ingredients with ice and serve straight up in a teacup with lemon slices sprinkled with black salt.
- ☐ From World's Best Cocktails by Tom Sandham, © 2012 Fair Winds Press

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:1.2617391347885%

Flavonoids

Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 1.51mg, Naringenin: 1.51mg, Naringenin: 1.51mg, Naringenin: 1.51mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 157.41kcal (7.87%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 5.76g (1.92%), Net Carbohydrates: 5.44g (1.98%), Sugar: 4.1g (4.56%), Cholesterol: 0mg (0%), Sodium: 391.09mg (17%), Alcohol: 21.32g (100%), Alcohol %: 18.1% (100%), Protein: 0.69g (1.38%), Vitamin C: 13.13mg (15.92%), Potassium: 60.36mg (1.72%), Vitamin A: 72.38IU (1.45%), Iron: 0.23mg (1.3%), Fiber: 0.32g (1.26%), Copper: 0.02mg (1.23%)