

## Modern Cocktail



Vegetarian



Vegan



Dairy Free

READY IN



1440 min.

SERVINGS



1

CALORIES



1690 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 1 grenadine syrup
- ☐ 1 pinch ground cardamom
- ☐ 1 serving ice cubes
- ☐ 0.3 ounce juice of lemon fresh
- ☐ 2 optional: lemon seeded thinly sliced
- ☐ 0.3 ounce pernod
- ☐ 3 ounces rum
- ☐ 6 ounces rum

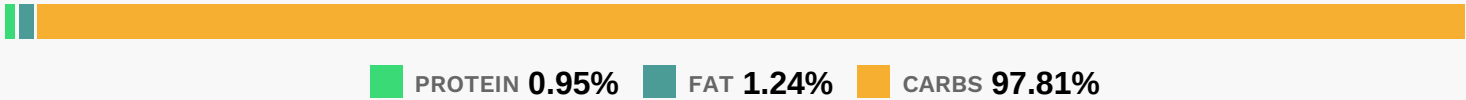
- ☐ 2 ounces scotch whiskey
- ☐ 8 ounces sugar
- ☐ 0.5 teaspoon tea green
- ☐ 1 teaspoon tea black
- ☐ 6 ounces water

Equipment

Directions

- ☐ Combine all the ingredients. Allow to sit overnight. Strain and bottle.
- ☐ For the cocktail: Fill a cocktail shaker with ice.
- ☐ Add scotch, Swedish Punsch, Pernod, lemon juice, and grenadine. Shake well. Strain into a cocktail glass.

Nutrition Facts



Properties

Glycemic Index:245.59, Glycemic Load:162.6, Inflammation Score:-9, Nutrition Score:9.5439130145571%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg Theaflavin: 0.12mg, Theaflavin: 0.12mg, Theaflavin: 0.12mg, Theaflavin: 0.12mg Thearubigins: 6.01mg, Thearubigins: 6.01mg, Thearubigins: 6.01mg, Thearubigins: 6.01mg Eriodictyol: 46.48mg, Eriodictyol: 46.48mg, Eriodictyol: 46.48mg, Eriodictyol: 46.48mg Hesperetin: 61.29mg, Hesperetin: 61.29mg, Hesperetin: 61.29mg, Hesperetin: 61.29mg Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg, Naringenin: 1.29mg Luteolin: 4.1mg, Luteolin: 4.1mg, Luteolin: 4.1mg, Luteolin: 4.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg, Quercetin: 2.65mg Theaflavin-3,3'-digallate: 0.13mg, Theaflavin-3,3'-digallate: 0.13mg, Theaflavin-3,3'-digallate: 0.13mg, Theaflavin-3,3'-digallate: 0.13mg Theaflavin-3'-gallate: 0.11mg, Theaflavin-3'-gallate: 0.11mg, Theaflavin-3'-gallate: 0.11mg, Theaflavin-3'-gallate: 0.11mg

gallate: 0.11mg, Theaflavin-3'-gallate: 0.11mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 1690.2kcal (84.51%), Fat: 1.4g (2.15%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 247.33g (82.44%), Net Carbohydrates: 241.23g (87.72%), Sugar: 232.44g (258.27%), Cholesterol: 0mg (0%), Sodium: 21.1mg (0.92%), Alcohol: 108.32g (100%), Alcohol %: 13.68% (100%), Protein: 2.41g (4.82%), Vitamin C: 117.24mg (142.11%), Fiber: 6.1g (24.39%), Copper: 0.2mg (9.87%), Potassium: 319.86mg (9.14%), Vitamin B6: 0.18mg (8.95%), Iron: 1.55mg (8.6%), Manganese: 0.17mg (8.53%), Vitamin B1: 0.11mg (7.24%), Calcium: 66.08mg (6.61%), Folate: 25.55µg (6.39%), Vitamin B2: 0.1mg (5.87%), Magnesium: 20.46mg (5.11%), Phosphorus: 47.61mg (4.76%), Vitamin B5: 0.42mg (4.2%), Selenium: 2.24µg (3.2%), Vitamin E: 0.33mg (2.23%), Zinc: 0.3mg (2.03%), Vitamin B3: 0.29mg (1.43%)