



Mr. Hoy



Vegetarian



Vegan



Dairy Free

READY IN



1440 min.

SERVINGS



1

CALORIES



842 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 dashes celery
- ☐ 1 serving ice cubes
- ☐ 0.5 small pineapple fresh ripe peeled cut into chunks
- ☐ 2.5 ounces rye flakes
- ☐ 1 ounce mirin
- ☐ 16 ounces mirin dry

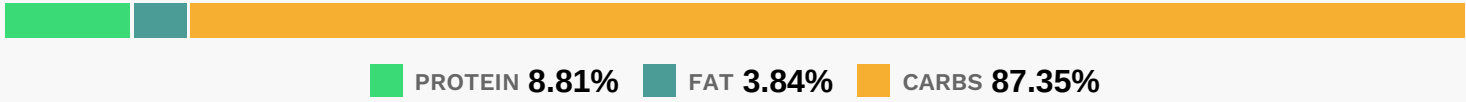
Equipment

- ☐ bowl

Directions

- ☐ Place pineapple in a resealable nonreactive bowl or jar. Cover with vermouth, allow to steep overnight. Strain and reserve vermouth for use.
- ☐ For the cocktail: Fill a mixing glass with ice.
- ☐ Add rye, infused vermouth, and bitters. Stir well and strain into a cocktail glass.

Nutrition Facts



Properties

Glycemic Index:90.67, Glycemic Load:31.07, Inflammation Score:-10, Nutrition Score:34.533913011136%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 841.85kcal (42.09%), Fat: 2.46g (3.79%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 126.08g (42.03%), Net Carbohydrates: 103.68g (37.7%), Sugar: 45.32g (50.36%), Cholesterol: 0mg (0%), Sodium: 10.43mg (0.45%), Alcohol: 45.78g (100%), Alcohol %: 5.45% (100%), Protein: 12.72g (25.45%), Manganese: 8.95mg (447.32%), Vitamin C: 216.39mg (262.29%), Fiber: 22.4g (89.6%), Magnesium: 230.96mg (57.74%), Selenium: 36.61µg (52.3%), Copper: 1mg (50.19%), Phosphorus: 484.84mg (48.48%), Vitamin B6: 0.79mg (39.63%), Vitamin B1: 0.57mg (38.05%), Iron: 5.85mg (32.52%), Vitamin B3: 6.17mg (30.85%), Zinc: 4.52mg (30.14%), Potassium: 1018.4mg (29.1%), Folate: 93.16µg (23.29%), Vitamin B2: 0.36mg (21.13%), Vitamin B5: 2.03mg (20.34%), Calcium: 101.39mg (10.14%), Vitamin K: 8.23µg (7.84%), Vitamin E: 1.09mg (7.27%), Vitamin A: 283.72IU (5.67%)