

Muckraker Punch

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



101 kcal

BEVERAGE

DRINK

Ingredients

- 1 dash angostura bitters
- 0.5 ounce apricots
- 1 ounce cognac
- 0.8 ounce juice of lemon fresh
- 1 serving lime
- 0.8 ounce cooking sherry dry

Equipment

Directions

- Combine cognac, sherry, apricot liqueur, lemon juice, and bitters in a cocktail shaker. Fill with ice. Shake until well chilled, about 15 seconds.
- Strain into ice-filled glass.
- Garnish with lime twist.

Nutrition Facts

 **PROTEIN 6.24%**  **FAT 5.02%**  **CARBS 88.74%**

Properties

Glycemic Index:103.67, Glycemic Load:0.79, Inflammation Score:-4, Nutrition Score:1.7765217316539%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 6.17mg, Hesperetin: 6.17mg, Hesperetin: 6.17mg, Hesperetin: 6.17mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 101.26kcal (5.06%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 4.79g (1.6%), Net Carbohydrates: 4.24g (1.54%), Sugar: 2.3g (2.55%), Cholesterol: 0mg (0%), Sodium: 1.84mg (0.08%), Alcohol: 12.11g (100%), Alcohol %: 16.49% (100%), Protein: 0.34g (0.67%), Vitamin C: 11.68mg (14.16%), Vitamin A: 277.78IU (5.56%), Potassium: 81.42mg (2.33%), Manganese: 0.04mg (2.2%), Fiber: 0.54g (2.17%), Folate: 6.3µg (1.58%), Vitamin B6: 0.03mg (1.57%), Magnesium: 5.24mg (1.31%), Copper: 0.03mg (1.29%), Vitamin E: 0.17mg (1.16%), Phosphorus: 11.18mg (1.12%), Iron: 0.18mg (1.02%)