

New Old-Fashioned



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



5 allspice



6 dash aromatic bitters



1 tablespoon brown sugar



5 cardamom pods green



1 cranberry-orange relish



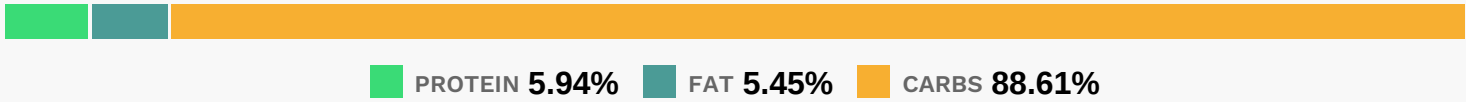
1 star anise

Equipment

Directions

- ☐ Brew the tea in 8 oz hot water along with the cardamom, star anise, allspice and the zest of ¼ orange for 7 minutes. Strain into a container, cover and refrigerate until well chilled.In a mixing glass, muddle 3 cherries, ¼ orange, sliced, the brown sugar and 2 dashes bitters.
- ☐ Add a handful of ice cubes and the chilled tea. Stir for 15 seconds. Strain into 2 old-fashioned glasses with i ice cube each.
- ☐ Add 2 dashes bitter per cup. Wipe the rim of each glass with an orange peel then place in glass.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:33.75, Glycemic Load:2.75, Inflammation Score:-4, Nutrition Score:7.813043244507%

Flavonoids

Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 85.76kcal (4.29%), Fat: 0.51g (0.79%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 15.75g (5.73%), Sugar: 12.33g (13.7%), Cholesterol: 0mg (0%), Sodium: 2.85mg (0.12%), Alcohol: 1.35g (100%), Alcohol %: 2.13% (100%), Protein: 1.26g (2.53%), Manganese: 1.44mg (71.95%), Vitamin C: 36.1mg (43.76%), Fiber: 3.1g (12.4%), Iron: 1.01mg (5.61%), Calcium: 55.21mg (5.52%), Potassium: 192.3mg (5.49%), Folate: 19.85µg (4.96%), Magnesium: 19.73mg (4.93%), Vitamin B1: 0.07mg (4.59%), Vitamin A: 150.28IU (3.01%), Zinc: 0.45mg (3%), Copper: 0.06mg (2.87%), Vitamin B6: 0.06mg (2.85%), Vitamin B2: 0.04mg (2.17%), Phosphorus: 20.79mg (2.08%), Vitamin B5: 0.18mg (1.76%), Vitamin B3: 0.27mg (1.34%)