



Ninho Pacifico



Vegetarian



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

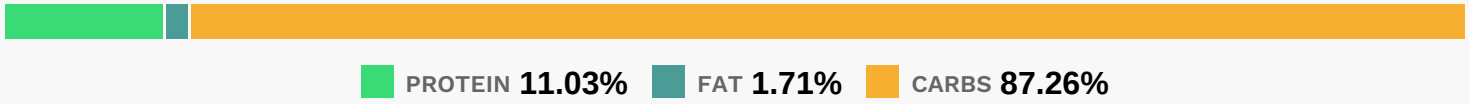
- ☐ 1 ounces ale white
- ☐ 4 ounces beer white
- ☐ 1 sprig blood oranges
- ☐ 2 blood oranges
- ☐ 1 bunch cilantro leaves
- ☐ 1 serving ice cubes

Equipment

Directions

- ☐ Muddle blood orange and cilantro in cocktail shaker. Fill shaker with ice and add distilled Hitachino spirit to mixture. Shake and strain into ice-filled collins glass, and top with beer.
- ☐ Garnish with wedge of blood orange and sprig of cilantro.

Nutrition Facts



Properties

Glycemic Index:198, Glycemic Load:3.14, Inflammation Score:-7, Nutrition Score:4.5073913789314%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 7.36mg, Hesperetin: 7.36mg, Hesperetin: 7.36mg, Hesperetin: 7.36mg Naringenin: 4.14mg, Naringenin: 4.14mg, Naringenin: 4.14mg, Naringenin: 4.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg, Quercetin: 4.38mg Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg, Gallocatechin: 0.11mg

Nutrients (% of daily need)

Calories: 75.48kcal (3.77%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 8.51g (2.84%), Net Carbohydrates: 7.64g (2.78%), Sugar: 2.59g (2.88%), Cholesterol: 0mg (0%), Sodium: 12.15mg (0.53%), Alcohol: 5.53g (100%), Alcohol %: 3.01% (100%), Protein: 1.08g (2.15%), Vitamin K: 24.8µg (23.62%), Vitamin C: 16.52mg (20.03%), Vitamin A: 600.59IU (12.01%), Folate: 21.56µg (5.39%), Vitamin B6: 0.09mg (4.67%), Vitamin B3: 0.89mg (4.46%), Potassium: 128.82mg (3.68%), Fiber: 0.87g (3.49%), Vitamin B2: 0.06mg (3.48%), Magnesium: 13.84mg (3.46%), Phosphorus: 27.46mg (2.75%), Manganese: 0.05mg (2.61%), Vitamin B1: 0.04mg (2.4%), Calcium: 23.51mg (2.35%), Copper: 0.05mg (2.31%), Vitamin B5: 0.17mg (1.71%), Vitamin E: 0.25mg (1.66%), Selenium: 1.06µg (1.51%), Iron: 0.2mg (1.09%)