



Northern Spy Celery Tonic

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



85 kcal

BEVERAGE

DRINK

Ingredients

- 12 ounces celery stalks fresh
- 3 ounces pepperoncini pepper juice fresh
- 6 servings marjoram for garnish
- 18 ounces mirin dry chilled

Equipment

Directions

Stir Cocchi, vermouth, celery juice, and lemon juice in a pitcher. Divide between ice-filled glasses.

Garnish each glass with a marjoram sprig.

Nutrition Facts

 **PROTEIN 7.32%**  **FAT 5.16%**  **CARBS 87.52%**

Properties

Glycemic Index:12.13, Glycemic Load:0.89, Inflammation Score:-5, Nutrition Score:3.5030434507391%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Apigenin: 1.65mg, Apigenin: 1.65mg, Apigenin: 1.65mg, Apigenin: 1.65mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 85.21kcal (4.26%), Fat: 0.19g (0.28%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 7.07g (2.36%), Net Carbohydrates: 5.73g (2.08%), Sugar: 2.16g (2.4%), Cholesterol: 0mg (0%), Sodium: 46.7mg (2.03%), Alcohol: 8.08g (100%), Alcohol %: 6.53% (100%), Protein: 0.59g (1.18%), Vitamin K: 22.83µg (21.74%), Vitamin A: 335.4IU (6.71%), Manganese: 0.12mg (6.16%), Folate: 23.15µg (5.79%), Fiber: 1.34g (5.35%), Iron: 0.96mg (5.32%), Potassium: 176.95mg (5.06%), Calcium: 43.71mg (4.37%), Vitamin C: 2.4mg (2.91%), Vitamin B6: 0.06mg (2.82%), Magnesium: 10.41mg (2.6%), Vitamin B2: 0.04mg (2.23%), Phosphorus: 17.66mg (1.77%), Copper: 0.03mg (1.64%), Vitamin B5: 0.15mg (1.46%), Vitamin B1: 0.02mg (1.18%), Vitamin B3: 0.23mg (1.16%), Vitamin E: 0.17mg (1.14%)