



Nutty Monk

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



1

CALORIES



3223 kcal

BEVERAGE

DRINK

Ingredients

- 1 dash angostura bitters
- 1 cherry fresh
- 1 liter cognac
- 1 cup ice cubes plus 1 cube
- 1 ounce benedictine liqueur
- 1 cup walnut halves

Equipment

- baking sheet

- oven
- plastic wrap
- canning jar
- funnel

Directions

- Preheat oven to 350°F.
- Transfer Cognac to large heatproof pitcher (or mason jar) (reserve Cognac bottle).
- Spread walnuts on large rimmed baking sheet and toast, stirring occasionally, until dark brown, about 10 minutes.
- Add hot walnuts to pitcher with Cognac and cover with plastic wrap.
- Let steep 36 hours, agitating gently every 12 hours. Line funnel with coffee filter and set over Cognac bottle. Strain Cognac into bottle, discarding walnuts. DO AHEAD: Infused Cognac can be prepared ahead and stored at room temperature, covered, up to six months.
- In chilled cocktail shaker, combine 1/4 cup (2 ounces) infused Cognac, Benedictine, bitters, and 1 cup ice. Stir until well chilled, about 30 seconds. Strain into 12-ounce double old-fashioned glass and add remaining 1 large cube of ice (or 2-3 smaller ones).
- Garnish with cherry and serve.

Nutrition Facts

PROTEIN 8.18% **FAT 78.59%** **CARBS 13.23%**

Properties

Glycemic Index:57, Glycemic Load:1.88, Inflammation Score:-10, Nutrition Score:23.426086687523%

Flavonoids

Cyanidin: 5.59mg, Cyanidin: 5.59mg, Cyanidin: 5.59mg, Cyanidin: 5.59mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 3222.58kcal (161.13%), Fat: 76.3g (117.38%), Saturated Fat: 7.18g (44.84%), Carbohydrates: 28.91g (9.64%), Net Carbohydrates: 20.9g (7.6%), Sugar: 15.24g (16.93%), Cholesterol: 0mg (0%), Sodium: 24.31mg (1.06%), Alcohol: 350.71g (100%), Alcohol %: 31.63% (100%), Protein: 17.87g (35.74%), Manganese: 4.18mg (209.13%), Copper: 2.12mg (105.8%), Magnesium: 188.11mg (47.03%), Phosphorus: 447.08mg (44.71%), Vitamin B6: 0.64mg (32.12%), Fiber: 8.01g (32.03%), Vitamin B1: 0.46mg (30.8%), Folate: 114.98µg (28.75%), Zinc: 4.05mg (27%), Iron: 3.84mg (21.33%), Potassium: 554.02mg (15.83%), Vitamin B2: 0.22mg (12.87%), Calcium: 122.8mg (12.28%), Selenium: 5.73µg (8.19%), Vitamin B3: 1.45mg (7.27%), Vitamin B5: 0.68mg (6.83%), Vitamin E: 0.82mg (5.5%), Vitamin K: 3.33µg (3.17%), Vitamin C: 2.08mg (2.52%)