

Partly Cloudy



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



2880 min.

SERVINGS



1

CALORIES



2031 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon almond extract
- ☐ 6 almonds toasted
- ☐ 0.5 cup ginger julienned
- ☐ 1 serving prepare as
- ☐ 0.8 ounce grapefruit juice freshly squeezed
- ☐ 0.8 ounce juice of lime freshly squeezed
- ☐ 9 lime zest
- ☐ 1 cup rum well (Wray & Nephew works)

- ☐ 2 ounces rum
- ☐ 14 ounces simple syrup glaze

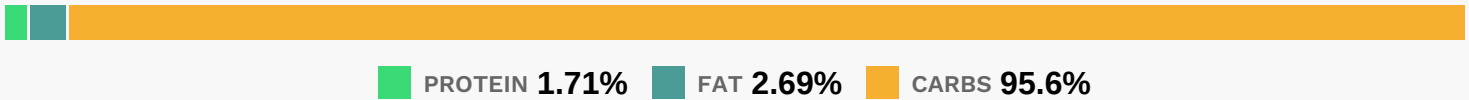
Equipment

- ☐ cheesecloth

Directions

- ☐ Combine cloves, lime zest, and ginger with rum for 24 to 48 hours. Strain through cheesecloth; combine with simple syrup and almond extract.
- ☐ For the cocktail: Fill a cocktail shaker with ice.
- ☐ Add homemade falernum, lime, grapefruit, Aperol, and rum. Shake well. Strain into an ice-filled Collins glass and top with ginger beer.

Nutrition Facts



Properties

Glycemic Index:198, Glycemic Load:17.23, Inflammation Score:-10, Nutrition Score:27.237826046736%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg, Eriodictyol: 0.48mg Hesperetin: 261.2mg, Hesperetin: 261.2mg, Hesperetin: 261.2mg, Hesperetin: 261.2mg Naringenin: 20.61mg, Naringenin: 20.61mg, Naringenin: 20.61mg, Naringenin: 20.61mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg, Quercetin: 2.54mg

Nutrients (% of daily need)

Calories: 2031.13kcal (101.56%), Fat: 4.6g (7.07%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 368.05g (122.68%), Net Carbohydrates: 349.35g (127.03%), Sugar: 304.96g (338.84%), Cholesterol: 0mg (0%), Sodium: 252.72mg (10.99%), Alcohol: 100.13g (100%), Alcohol %: 9.08% (100%), Protein: 6.59g (13.17%), Vitamin C: 189.97mg (230.27%), Iron: 18.65mg (103.58%), Fiber: 18.7g (74.8%), Vitamin B1: 0.74mg (49.64%), Copper: 0.71mg (35.6%), Potassium: 1177.99mg (33.66%), Magnesium: 116.91mg (29.23%), Calcium: 279.44mg (27.94%), Vitamin B2: 0.46mg

(27.14%), Phosphorus: 202.84mg (20.28%), Vitamin E: 3.03mg (20.23%), Manganese: 0.36mg (17.98%), Vitamin B6: 0.36mg (17.81%), Vitamin B5: 1.48mg (14.83%), Folate: 58.71µg (14.68%), Zinc: 1.93mg (12.86%), Vitamin B3: 2.33mg (11.63%), Selenium: 5.79µg (8.28%), Vitamin A: 313.68IU (6.27%), Vitamin K: 3.79µg (3.61%)