



## Peninsular War

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



177 kcal

BEVERAGE

DRINK

## Ingredients

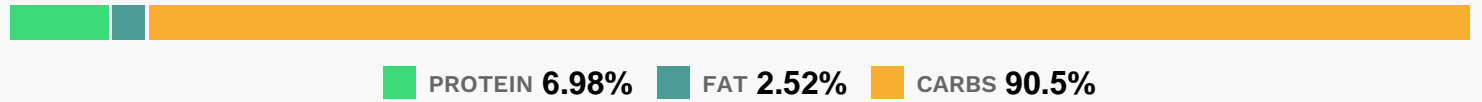
- 2 ounces cognac such as courvoisier
- 1 serving ice cubes
- 0.5 juice of lemon
- 1 serving cranberry-orange relish for garnish
- 2 ounces frangelico
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## Equipment

## Directions

- Combine Licor 43, Cognac, and cranberry sauce in a cocktail shaker and muddle until most of the the cranberries and citrus are broken up.
- Add lemon juice and fill the shaker with ice. Cover and shake vigorously. Strain into a chilled rocks glass and garnish with an orange twist.

## Nutrition Facts



## Properties

Glycemic Index:57.5, Glycemic Load:3.6, Inflammation Score:-6, Nutrition Score:5.2956521640653%

## Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 26.7mg, Hesperetin: 26.7mg, Hesperetin: 26.7mg, Hesperetin: 26.7mg Naringenin: 13.99mg, Naringenin: 13.99mg, Naringenin: 13.99mg, Naringenin: 13.99mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

## Nutrients (% of daily need)

Calories: 176.57kcal (8.83%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 9.45g (3.44%), Sugar: 8.79g (9.77%), Cholesterol: 0mg (0%), Sodium: 3.52mg (0.15%), Alcohol: 18.94g (100%), Alcohol %: 11.03% (100%), Protein: 0.9g (1.8%), Vitamin C: 53.69mg (65.07%), Fiber: 2.2g (8.82%), Folate: 30µg (7.5%), Vitamin B1: 0.09mg (5.69%), Potassium: 179.48mg (5.13%), Vitamin A: 203.4IU (4.07%), Calcium: 38.58mg (3.86%), Copper: 0.06mg (3.19%), Vitamin B6: 0.06mg (3.07%), Magnesium: 10.46mg (2.62%), Vitamin B5: 0.24mg (2.45%), Vitamin B2: 0.04mg (2.38%), Manganese: 0.03mg (1.73%), Phosphorus: 16.07mg (1.61%), Vitamin B3: 0.27mg (1.37%), Vitamin E: 0.18mg (1.23%)