

Perfect Turkey



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



247 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

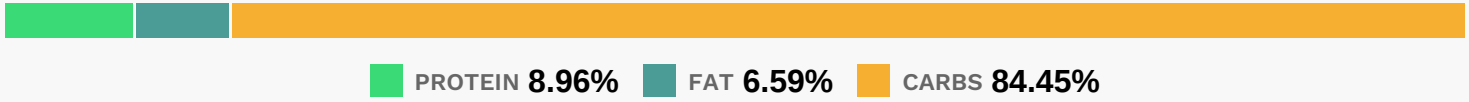
- ☐ 1.5 teaspoons mirin dry
- ☐ 1.5 teaspoons ground allspice
- ☐ 0.3 cup sugar
- ☐ 0.3 cup turkey wild
- ☐ 1.5 teaspoons mirin sweet

Equipment

Directions

- ☐
- Shake bourbon, sweet vermouth, and dry vermouth with ice in a cocktail shaker.
- ☐
- Serve in a Martini glass with a spice-sugared rim (mix 1/4 cup sugar with 1 1/2 teaspoons ground allspice and nutmeg).
- ☐
- Garnish with orange peel.

Nutrition Facts



Properties

Glycemic Index:85.09, Glycemic Load:35.13, Inflammation Score:-1, Nutrition Score:2.9465217110903%

Nutrients (% of daily need)

Calories: 247.43kcal (12.37%), Fat: 1.82g (2.8%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 52.52g (17.51%), Net Carbohydrates: 51.88g (18.86%), Sugar: 49.91g (55.46%), Cholesterol: 17.89mg (5.96%), Sodium: 30.64mg (1.33%), Alcohol: 1.42g (100%), Alcohol %: 1.95% (100%), Protein: 5.57g (11.14%), Vitamin B3: 1.98mg (9.91%), Selenium: 5.67µg (8.11%), Vitamin B6: 0.16mg (7.76%), Vitamin B12: 0.3µg (5.05%), Phosphorus: 48.87mg (4.89%), Manganese: 0.09mg (4.66%), Vitamin B2: 0.06mg (3.37%), Zinc: 0.48mg (3.18%), Fiber: 0.65g (2.59%), Magnesium: 10.26mg (2.57%), Potassium: 87.98mg (2.51%), Iron: 0.45mg (2.5%), Calcium: 23.06mg (2.31%), Vitamin B5: 0.2mg (2.02%), Copper: 0.04mg (1.96%), Vitamin C: 1.18mg (1.43%)