



PG Tipple



Vegetarian



Vegan



Dairy Free

READY IN



1440 min.

SERVINGS



1

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

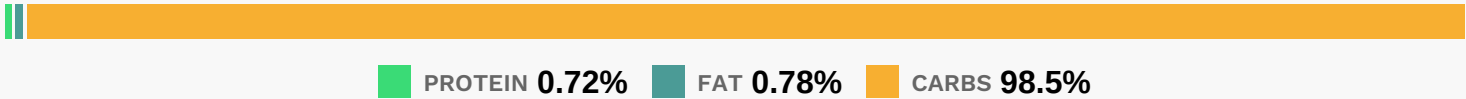
- ☐ 2 ounces bourbon
- ☐ 1 sprig mint leaves fresh
- ☐ 0.5 ounce juice of lemon
- ☐ 1 serving orange marmalade
- ☐ 0.5 ounce simple syrup glaze
- ☐ 3 ounces freshly tea brewed (as above)
- ☐ 1 ginger tea bags
- ☐ 1 quart water

Equipment

Directions

- ☐ In a resealable container or pitcher, add hot water, tea bag, and mint sprig.
- ☐ Let steep overnight.
- ☐ Combine 3 ounces brewed tea, lemon juice, simple syrup, orange marmalade, and bourbon in a cocktail shaker. Shake without ice.
- ☐ Fill a Collins glass with ice, pour cocktail (unstrained) into glass. Top with lemon wedge if desired.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:2.1308696043232%

Flavonoids

Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epigallocatechin: 6.85mg, Epigallocatechin: 6.85mg, Epigallocatechin: 6.85mg, Epigallocatechin: 6.85mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Epicatechin 3-gallate: 4.98mg, Epicatechin 3-gallate: 4.98mg, Epicatechin 3-gallate: 4.98mg, Epicatechin 3-gallate: 4.98mg Epigallocatechin 3-gallate: 7.96mg, Epigallocatechin 3-gallate: 7.96mg, Epigallocatechin 3-gallate: 7.96mg, Epigallocatechin 3-gallate: 7.96mg Theaflavin: 1.34mg, Theaflavin: 1.34mg, Theaflavin: 1.34mg, Theaflavin: 1.34mg Thearubigins: 69.14mg, Thearubigins: 69.14mg, Thearubigins: 69.14mg, Thearubigins: 69.14mg Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg, Hesperetin: 2.15mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg Theaflavin-3,3'-digallate: 1.49mg, Theaflavin-3,3'-digallate: 1.49mg, Theaflavin-3,3'-digallate: 1.49mg, Theaflavin-3,3'-digallate: 1.49mg Theaflavin-3'-gallate: 1.28mg, Theaflavin-3'-gallate: 1.28mg, Theaflavin-3'-gallate: 1.28mg, Theaflavin-3'-gallate: 1.28mg Gallocatechin: 1.06mg, Gallocatechin: 1.06mg, Gallocatechin: 1.06mg, Gallocatechin: 1.06mg

Nutrients (% of daily need)

Calories: 176.23kcal (8.81%), Fat: 0.04g (0.07%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 12.41g (4.14%), Net Carbohydrates: 12.28g (4.47%), Sugar: 11.33g (12.59%), Cholesterol: 0mg (0%), Sodium: 59.67mg (2.59%), Alcohol: 18.94g (100%), Alcohol %: 2.14% (100%), Caffeine: 17.01mg (5.67%), Protein: 0.09g (0.18%), Manganese: 0.21mg (10.51%), Copper: 0.18mg (9.06%), Vitamin C: 5.85mg (7.09%), Magnesium: 15.1mg (3.78%), Iron: 0.61mg (3.41%), Calcium: 33.89mg (3.39%), Folate: 8.32µg (2.08%), Potassium: 62.19mg (1.78%), Vitamin B1: 0.03mg (1.74%), Vitamin B2: 0.03mg (1.63%), Zinc: 0.18mg (1.2%)