



Philly Smash



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



133 kcal

BEVERAGE

DRINK

Ingredients

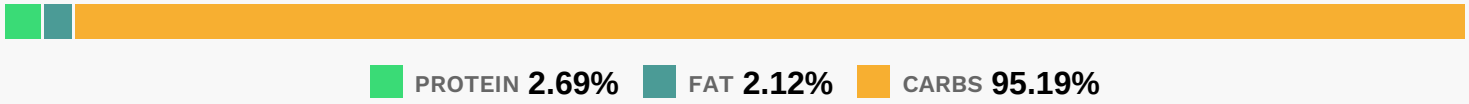
- ☐ 1 serving poached berries whole
- ☐ 6 blackberries fresh such as raspberries, blackberries, or blueberries
- ☐ 0.3 ounce juice of lime fresh
- ☐ 1.5 ounces irish whiskey such as rittenhouse
- ☐ 0.3 ounce simple syrup glaze (see note above)

Equipment

Directions

- ☐ Muddle the berries and simple syrup in the bottom of an Old Fashioned glass.
- ☐ Add rye, Averna, and lime juice. Pack the glass with crushed ice or small ice cubes and stir.
- ☐ Garnish with a few whole berries.

Nutrition Facts



Properties

Glycemic Index:40, Glycemic Load:0.14, Inflammation Score:-2, Nutrition Score:1.2117391202761%

Flavonoids

Cyanidin: 12.04mg, Cyanidin: 12.04mg, Cyanidin: 12.04mg, Cyanidin: 12.04mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg, Malvidin: 0.5mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 4.45mg, Catechin: 4.45mg, Catechin: 4.45mg, Catechin: 4.45mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 132.82kcal (6.64%), Fat: 0.07g (0.11%), Saturated Fat: 0g (0.02%), Carbohydrates: 7.1g (2.37%), Net Carbohydrates: 6.41g (2.33%), Sugar: 6.02g (6.69%), Cholesterol: 0mg (0%), Sodium: 4.38mg (0.19%), Alcohol: 15.31g (100%), Alcohol %: 27.84% (100%), Protein: 0.2g (0.4%), Vitamin C: 4.67mg (5.66%), Manganese: 0.08mg (4.18%), Fiber: 0.69g (2.77%), Vitamin K: 2.58µg (2.46%), Iron: 0.35mg (1.92%), Copper: 0.03mg (1.47%), Vitamin B1: 0.02mg (1.14%), Vitamin E: 0.16mg (1.07%)