

Porch Crawler



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

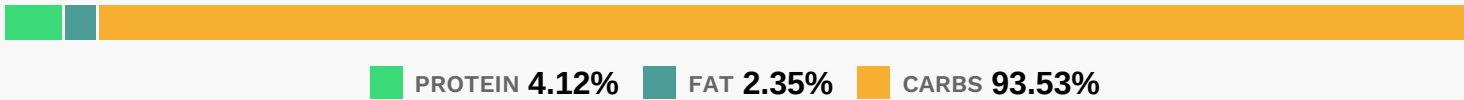
- ☐ 5 cherries pitted for garnish
- ☐ 1 chile such as serrano, halved and seeded hot
- ☐ 2 ounces club soda chilled
- ☐ 5 servings ice cubes
- ☐ 1 ounce juice of lemon fresh
- ☐ 3 mint leaves for garnish
- ☐ 2 ounces rum white
- ☐ 1 ounce simple syrup glaze

Equipment

Directions

- ☐
- In a cocktail shaker, muddle the 5 pitted cherries, mint leaves and chile.
- ☐
- Add ice and the rum, lemon juice and Simple Syrup; shake well. Strain into an ice-filled collins glass, stir in the club soda and garnish with a cherry and a mint sprig.

Nutrition Facts



Properties

Glycemic Index:16.4, Glycemic Load:0.54, Inflammation Score:-2, Nutrition Score:1.8382608722086%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 51.75kcal (2.59%), Fat: 0.07g (0.12%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 6.7g (2.23%), Net Carbohydrates: 6.33g (2.3%), Sugar: 5.79g (6.44%), Cholesterol: 0mg (0%), Sodium: 9.64mg (0.42%), Alcohol: 3.79g (100%), Alcohol %: 4.46% (100%), Protein: 0.3g (0.59%), Vitamin C: 15.88mg (19.25%), Vitamin B6: 0.05mg (2.65%), Vitamin A: 116.63IU (2.33%), Iron: 0.37mg (2.04%), Potassium: 60.02mg (1.71%), Copper: 0.03mg (1.62%), Manganese: 0.03mg (1.62%), Fiber: 0.37g (1.47%), Vitamin K: 1.43µg (1.36%), Magnesium: 5.01mg (1.25%), Vitamin B1: 0.02mg (1.24%), Folate: 4.21µg (1.05%)