



Pork Chop, the Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



172 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 fluid ounce apple cider
- ☐ 1 teaspoon dijon mustard
- ☐ 1 sprig thyme leaves fresh
- ☐ 0.5 fluid ounce juice of lemon
- ☐ 0.5 fluid ounce simple syrup glaze
- ☐ 1.5 fluid ounces bourbon whiskey

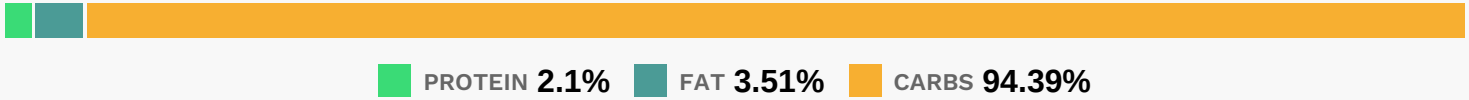
Equipment

- ☐ canning jar

Directions

- ☐ Place 2 sprigs fresh thyme in a cocktail shaker.
- ☐ Add bourbon, Dijon mustard, apple cider, lemon juice, and simple syrup. Fill with ice, cover and shake until chilled. Strain into a large mug or mason jar filled with ice.
- ☐ Garnish with a sprig of fresh thyme.

Nutrition Facts



Properties

Glycemic Index:132.75, Glycemic Load:1.41, Inflammation Score:-7, Nutrition Score:1.6773913156079%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg, Epicatechin: 1.39mg Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg Hesperetin: 2.14mg, Hesperetin: 2.14mg, Hesperetin: 2.14mg, Hesperetin: 2.14mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 171.57kcal (8.58%), Fat: 0.26g (0.4%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 15.73g (5.24%), Net Carbohydrates: 15.27g (5.55%), Sugar: 14.16g (15.73%), Cholesterol: 0mg (0%), Sodium: 65mg (2.83%), Alcohol: 15.97g (100%), Alcohol %: 18.48% (100%), Protein: 0.35g (0.7%), Vitamin C: 7.61mg (9.22%), Iron: 0.84mg (4.68%), Manganese: 0.07mg (3.26%), Vitamin B1: 0.04mg (2.83%), Selenium: 1.85µg (2.64%), Magnesium: 7.84mg (1.96%), Potassium: 68.44mg (1.96%), Fiber: 0.46g (1.83%), Vitamin B2: 0.02mg (1.45%), Calcium: 12.37mg (1.24%), Phosphorus: 12.23mg (1.22%), Copper: 0.02mg (1.22%), Vitamin A: 52.24IU (1.04%)