



## Porto Flip

 Vegetarian  Gluten Free  Dairy Free

READY IN



3 min.

SERVINGS



1

CALORIES



226 kcal

BEVERAGE

DRINK

## Ingredients

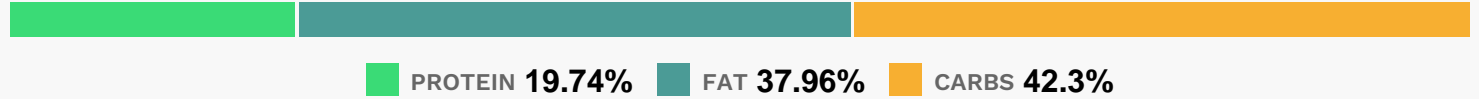
- 1 ounce brandy
- 1 eggs
- 1 serving grating nutmeg whole for grating
- 1.5 ounces port wine
- 0.3 ounce simple syrup glaze

## Equipment

## Directions

- Add brandy, port, and simple syrup to a cocktail shaker.
- Add egg (yolk and white.) Shake vigorously for one minute. Strain into an old fashioned glass. Top with freshly grated nutmeg.

## Nutrition Facts



## Properties

Glycemic Index:85, Glycemic Load:0.4, Inflammation Score:-4, Nutrition Score:5.0160869052229%

## Flavonoids

Petunidin: 2.82mg, Petunidin: 2.82mg, Petunidin: 2.82mg, Petunidin: 2.82mg Delphinidin: 1.66mg, Delphinidin: 1.66mg, Delphinidin: 1.66mg, Delphinidin: 1.66mg Malvidin: 40.33mg, Malvidin: 40.33mg, Malvidin: 40.33mg, Malvidin: 40.33mg Peonidin: 1.67mg, Peonidin: 1.67mg, Peonidin: 1.67mg, Peonidin: 1.67mg Catechin: 4.19mg, Catechin: 4.19mg, Catechin: 4.19mg Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg, Epicatechin: 3.21mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

## Nutrients (% of daily need)

Calories: 226.01kcal (11.3%), Fat: 4.91g (7.55%), Saturated Fat: 1.9g (11.85%), Carbohydrates: 12.31g (4.1%), Net Carbohydrates: 11.9g (4.33%), Sugar: 9.23g (10.25%), Cholesterol: 163.68mg (54.56%), Sodium: 71.02mg (3.09%), Alcohol: 15.98g (100%), Alcohol %: 16.33% (100%), Protein: 5.75g (11.49%), Selenium: 13.8µg (19.72%), Vitamin B2: 0.22mg (12.66%), Phosphorus: 96.91mg (9.69%), Vitamin B5: 0.69mg (6.88%), Iron: 1.2mg (6.66%), Vitamin B12: 0.39µg (6.53%), Manganese: 0.13mg (6.3%), Vitamin D: 0.88µg (5.87%), Folate: 22.2µg (5.55%), Vitamin A: 239.64IU (4.79%), Zinc: 0.67mg (4.43%), Copper: 0.08mg (3.94%), Vitamin B6: 0.08mg (3.91%), Magnesium: 13.48mg (3.37%), Calcium: 32.64mg (3.26%), Potassium: 111.87mg (3.2%), Vitamin E: 0.46mg (3.08%), Vitamin B1: 0.04mg (2.87%), Fiber: 0.42g (1.66%)