



Rye Sherry Amour



Vegetarian



Vegan



Dairy Free

READY IN



3 min.

SERVINGS



1

CALORIES



215 kcal

BEVERAGE

DRINK

Ingredients

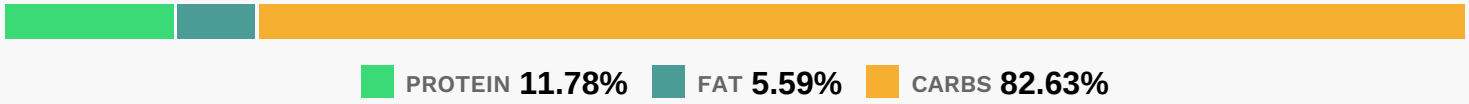
- ☐ 0.5 ounce agave nectar light
- ☐ 0.5 ounce ginger (such as Morris Kitchen)
- ☐ 1 serving ice cubes
- ☐ 0.5 ounce juice of lime freshly squeezed
- ☐ 1 serving mint leaves
- ☐ 1.5 ounces rye flakes
- ☐ 0.8 ounce cooking sherry dry

Equipment

Directions

- ☐ Fill cocktail shaker with ice, add rye, sherry, lime juice, ginger syrup, and agave. Shake well.
Strain into an ice-filled Collins glass.
- ☐ Garnish with mint sprig.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:2.04, Inflammation Score:-6, Nutrition Score:16.145217475684%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg, Hesperetin: 1.46mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 214.74kcal (10.74%), Fat: 1.34g (2.06%), Saturated Fat: 0.16g (1%), Carbohydrates: 44.46g (14.82%), Net Carbohydrates: 34.4g (12.51%), Sugar: 10.75g (11.94%), Cholesterol: 0mg (0%), Sodium: 7.29mg (0.32%), Alcohol: 2.19g (100%), Alcohol %: 1.7% (100%), Protein: 6.34g (12.67%), Manganese: 2.92mg (146.07%), Fiber: 10.06g (40.24%), Selenium: 22.06µg (31.52%), Magnesium: 116.32mg (29.08%), Phosphorus: 280.26mg (28.03%), Copper: 0.35mg (17.4%), Zinc: 2.48mg (16.56%), Iron: 2.94mg (16.34%), Vitamin B3: 2.6mg (13.01%), Vitamin B6: 0.24mg (12.16%), Potassium: 407.19mg (11.63%), Vitamin B1: 0.15mg (10.26%), Vitamin B2: 0.16mg (9.63%), Vitamin C: 7.69mg (9.32%), Vitamin B5: 0.7mg (6.97%), Vitamin K: 5.88µg (5.6%), Vitamin E: 0.8mg (5.35%), Folate: 14.96µg (3.74%), Calcium: 34.23mg (3.42%), Vitamin A: 54.24IU (1.08%)