



Rye Witch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



286 kcal

BEVERAGE

DRINK

Ingredients

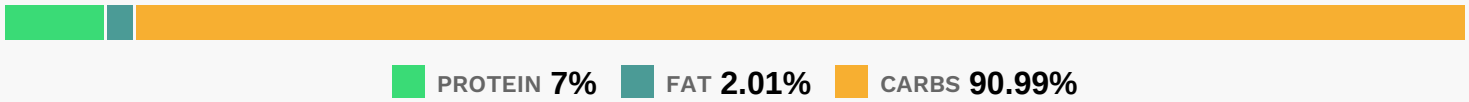
- ☐ 12 cranberry-orange relish
- ☐ 12 dashes orange bitters
- ☐ 1.5 cups irish whiskey wild (such as Rittenhouse Bottled-in-Bond or Turkey)
- ☐ 3 tablespoons cooking sherry (such as Lustau or González Byass Del Duque)
- ☐ 3 tablespoons frangelico (herbal liqueur)
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Equipment

Directions

- ☐ Combine first 5 ingredients in a large pitcher.
- ☐ Add ice; stir for 15–20 seconds. Strain the mixture into 6 chilled coupe glasses. Pinch an orange twist over each drink, then rub around rims of glasses to release oils from peel; discard peel.
- ☐ Garnish each with a fresh twist.

Nutrition Facts



Properties

Glycemic Index:12.08, Glycemic Load:10.51, Inflammation Score:-8, Nutrition Score:10.879565234984%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 71.43mg, Hesperetin: 71.43mg, Hesperetin: 71.43mg, Hesperetin: 71.43mg Naringenin: 40.17mg, Naringenin: 40.17mg, Naringenin: 40.17mg, Naringenin: 40.17mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 286.31kcal (14.32%), Fat: 0.31g (0.48%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 32.09g (10.7%), Net Carbohydrates: 25.8g (9.38%), Sugar: 24.89g (27.65%), Cholesterol: 0mg (0%), Sodium: 0.38mg (0.02%), Alcohol: 22.91g (100%), Alcohol %: 8.79% (100%), Protein: 2.47g (4.94%), Vitamin C: 139.38mg (168.95%), Fiber: 6.29g (25.15%), Folate: 78.68µg (19.67%), Vitamin B1: 0.23mg (15.54%), Potassium: 480.14mg (13.72%), Vitamin A: 589.5IU (11.79%), Calcium: 105.47mg (10.55%), Vitamin B6: 0.16mg (8.05%), Magnesium: 26.95mg (6.74%), Vitamin B5: 0.66mg (6.58%), Copper: 0.13mg (6.32%), Vitamin B2: 0.11mg (6.27%), Phosphorus: 39.8mg (3.98%), Manganese: 0.08mg (3.95%), Vitamin B3: 0.78mg (3.88%), Vitamin E: 0.47mg (3.14%), Selenium: 1.32µg (1.88%), Iron: 0.29mg (1.63%), Zinc: 0.2mg (1.36%)