



Sadie Hawkins Sling

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



690 kcal

SIDE DISH

Ingredients

- 0.5 ounce apricots
- 2 dashes angostura bitters
- 4 ounces frangelico
- 0.5 ounce little demerara sugar
- 2 servings little demerara sugar
- 1 cup little demerara sugar
- 2 servings ice crushed
- 1 ounce juice of lemon freshly squeezed

- 0.8 ounce pears
- 1 pineapple
- 1 leaves orange sections
- 2 ounces pineapple juice
- 0.5 cup water

Equipment

- sauce pan

Directions

- Core pineapple (leaving a few inches of fruit at the bottom to make an oversize vessel.) Freeze overnight in a Ziploc bag.
- To make demerara syrup: heat sugar with water over low in a small saucepan, stirring to dissolve.
- Let cool. Keep refrigerated.
- To make cocktail: Put a small amount of ice in a cocktail shaker, add bitters, demerara syrup, falernum, pear brandy, apricot liqueur, lemon juice, pineapple juice, and bourbon. Shake and strain into the cored and frozen pineapple.
- Add crushed ice, stir with a swizzle stick or long spoon.
- Add more crushed ice, garnish as desired.

Nutrition Facts

 PROTEIN 1.53%  FAT 0.82%  CARBS 97.65%

Properties

Glycemic Index:112.79, Glycemic Load:33.47, Inflammation Score:-8, Nutrition Score:18.974347892015%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate:

0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 2.19mg, Hesperetin: 2.19mg, Hesperetin: 2.19mg, Hesperetin: 2.19mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 690.12kcal (34.51%), Fat: 0.65g (1.01%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 174.7g (58.23%), Net Carbohydrates: 167.78g (61.01%), Sugar: 156.84g (174.26%), Cholesterol: 0mg (0%), Sodium: 11.66mg (0.51%), Alcohol: 0.45g (100%), Alcohol %: 0.08% (100%), Protein: 2.74g (5.47%), Vitamin C: 226.05mg (274%), Manganese: 4.4mg (219.98%), Copper: 0.55mg (27.67%), Fiber: 6.92g (27.67%), Vitamin B6: 0.55mg (27.44%), Vitamin B1: 0.38mg (25.41%), Folate: 90.92µg (22.73%), Potassium: 607.62mg (17.36%), Magnesium: 62.82mg (15.7%), Vitamin B3: 2.39mg (11.96%), Iron: 1.86mg (10.33%), Vitamin B5: 1.02mg (10.22%), Vitamin B2: 0.16mg (9.33%), Vitamin A: 405IU (8.1%), Calcium: 80.21mg (8.02%), Phosphorus: 43.66mg (4.37%), Zinc: 0.64mg (4.3%), Vitamin K: 3.95µg (3.77%), Vitamin E: 0.19mg (1.29%)