



Sazerac



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



229 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



4 dashes angostura bitters



0.3 ounce seltzer water



2.5 ounces cognac



1 cup ice cubes



1 optional: lemon



1 coarsely sugar cubes raw such as turbinado or demerara (preferably rough-cut and unbleached*)



0.5 ounce frangelico



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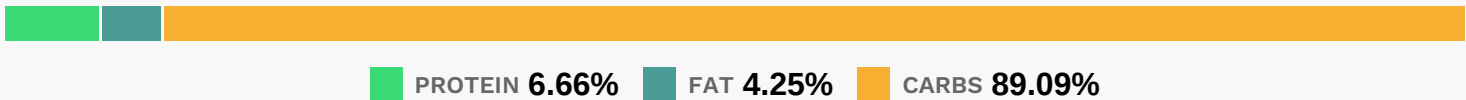
Equipment

☐ knife

Directions

- ☐ In chilled cocktail shaker or pint glass, pour club soda over sugar cube. Using muddler or back of large spoon, gently crush sugar cube. Swirl glass until sugar dissolves, 20 to 30 seconds, then add bitters and Cognac and set aside.
- ☐ Pour absinthe into chilled double old-fashioned glass or stemless wineglass. Holding glass horizontally, roll between your thumb and forefinger so absinthe completely coats the interior, then discard excess.
- ☐ Add ice to cocktail and stir until well chilled, about 20 seconds. Strain cocktail into chilled glass rinsed with absinthe. Using channel knife, cut thin 4-inch strip of peel from lemon directly over glass, then place peel in glass and serve.

Nutrition Facts



Properties

Glycemic Index:110.59, Glycemic Load:4.59, Inflammation Score:-5, Nutrition Score:5.3256520745547%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 229.48kcal (11.47%), Fat: 0.34g (0.52%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 15.89g (5.3%), Net Carbohydrates: 12.87g (4.68%), Sugar: 7.21g (8.01%), Cholesterol: 0mg (0%), Sodium: 16.23mg (0.71%), Alcohol: 25.47g (100%), Alcohol %: 7.5% (100%), Protein: 1.19g (2.38%), Vitamin C: 57.24mg (69.38%), Fiber: 3.02g (12.1%), Copper: 0.09mg (4.67%), Vitamin B6: 0.09mg (4.36%), Potassium: 150.68mg (4.31%), Iron: 0.68mg (3.77%), Calcium: 35.57mg (3.56%), Vitamin B1: 0.05mg (3.16%), Folate: 11.88µg (2.97%), Magnesium: 11.08mg (2.77%), Manganese: 0.05mg (2.27%), Vitamin B5: 0.21mg (2.05%), Phosphorus: 20.11mg (2.01%), Vitamin B2: 0.03mg

(1.48%), Vitamin E: 0.16mg (1.08%)