



## Sepia's Autumn Sweater



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



1 min.

SERVINGS



1

CALORIES



175 kcal

BEVERAGE

DRINK

### Ingredients



1 Dash angostura bitters



1 ounce calvados



1 serving optional: lemon



0.8 ounce juice of lemon fresh



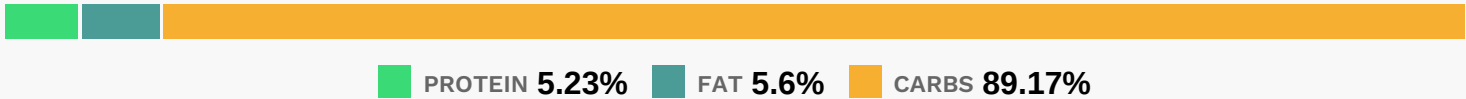
1.5 ounces rum

### Equipment

# Directions

- ☐ Combine rum, calvados, falernum, lemon, and bitters in a cocktail shaker.
- ☐ Add ice and shake vigorously. Strain into a chilled coupe glass.
- ☐ Garnish with lemon wheel.

## Nutrition Facts



## Properties

Glycemic Index:55.5, Glycemic Load:0.12, Inflammation Score:-3, Nutrition Score:1.077826095826%

## Flavonoids

Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 175.19kcal (8.76%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 2.58g (0.86%), Net Carbohydrates: 2.32g (0.84%), Sugar: 0.84g (0.93%), Cholesterol: 0mg (0%), Sodium: 1.06mg (0.05%), Alcohol: 24.12g (100%), Alcohol %: 30.53% (100%), Protein: 0.15g (0.3%), Vitamin C: 11.94mg (14.47%), Folate: 5.02µg (1.26%), Fiber: 0.26g (1.04%), Copper: 0.02mg (1.04%)