

Sidecar



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



286 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1.5 ounces cognac



1 cup ice cubes



0.5 ounce juice of lemon fresh



1 lemon wedges



2 tablespoons caster sugar



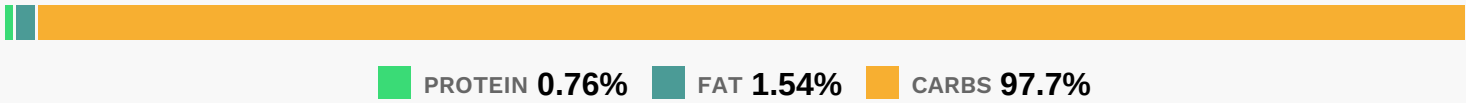
1 ounce cointreau

Equipment

Directions

- ☐
- Spread superfine sugar on small plate. Rub lemon wedge halfway around rim of chilled martini or coupe glass. Dip moistened side of glass in sugar to lightly coat outside rim of glass. Set aside.
- ☐
- In cocktail shaker, combine Cognac, Cointreau, and lemon juice.
- ☐
- Add ice and shake vigorously until well chilled, about 30 seconds. Strain into prepared martini or coupe glass and serve.

Nutrition Facts



Properties

Glycemic Index:110.59, Glycemic Load:17.05, Inflammation Score:-3, Nutrition Score:1.6095651857879%

Flavonoids

Eriodictyol: 4.54mg, Eriodictyol: 4.54mg, Eriodictyol: 4.54mg, Eriodictyol: 4.54mg Hesperetin: 7.07mg, Hesperetin: 7.07mg, Hesperetin: 7.07mg, Hesperetin: 7.07mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 286.29kcal (14.31%), Fat: 0.25g (0.38%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 35.69g (11.9%), Net Carbohydrates: 35.14g (12.78%), Sugar: 33.89g (37.65%), Cholesterol: 0mg (0%), Sodium: 15.26mg (0.66%), Alcohol: 21.57g (100%), Alcohol %: 7.52% (100%), Caffeine: 7.37mg (2.46%), Protein: 0.28g (0.55%), Vitamin C: 15.03mg (18.21%), Copper: 0.07mg (3.44%), Fiber: 0.55g (2.19%), Potassium: 49.28mg (1.41%), Magnesium: 5.51mg (1.38%), Calcium: 13.15mg (1.32%), Folate: 4.82µg (1.2%), Vitamin B6: 0.02mg (1.07%), Manganese: 0.02mg (1.03%)