

# Sidecar

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

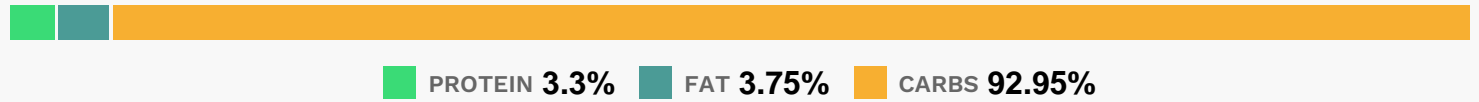
- 1 fluid ounce brandy
- 1 serving ice cubes
- 0.5 fluid ounce juice of lemon freshly squeezed
- 1 lemon wedges
- 0.5 fluid ounce triple sec

## Equipment

# Directions

- Fill a cocktail shaker 3/4 full with ice cubes.
- Pour in lemon juice, Cointreau, and brandy. Cover and shake vigorously for about 30 seconds until the outside of the shaker becomes cold and frosty. Strain into a martini glass and garnish with a wedge of lemon.

# Nutrition Facts



# Properties

Glycemic Index:40.5, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:1.4173913082999%

# Flavonoids

Eriodictyol: 4.57mg, Eriodictyol: 4.57mg, Eriodictyol: 4.57mg, Eriodictyol: 4.57mg Hesperetin: 7.16mg, Hesperetin: 7.16mg, Hesperetin: 7.16mg, Hesperetin: 7.16mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg 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: 122.32kcal (6.12%), Fat: 0.13g (0.21%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 7.46g (2.49%), Net Carbohydrates: 6.91g (2.51%), Sugar: 5.58g (6.2%), Cholesterol: 0mg (0%), Sodium: 4.79mg (0.21%), Alcohol: 13.72g (100%), Alcohol %: 13.06% (100%), Caffeine: 3.84mg (1.28%), Protein: 0.26g (0.53%), Vitamin C: 15.26mg (18.5%), Fiber: 0.55g (2.19%), Copper: 0.03mg (1.51%), Potassium: 45.1mg (1.29%), Folate: 4.94µg (1.23%), Vitamin B6: 0.02mg (1.07%)