

Smoke Signals



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



553 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 tablespoons jackfruit segents
- ☐ 4 servings ice cubes
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup pecans toasted coarsely chopped
- ☐ 2 cups fries
- ☐ 6 tablespoons cooking sherry
- ☐ 0.5 cup sugar

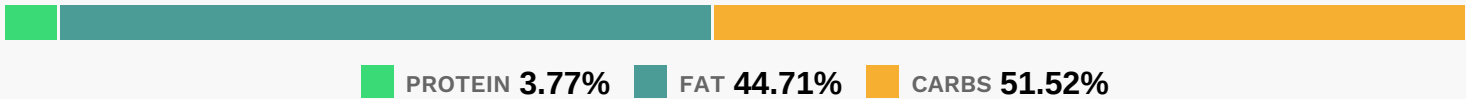
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ plastic wrap
- ☐ loaf pan
- ☐ aluminum foil

Directions

- ☐ Line heavy large pot with heavy-duty foil.
- ☐ Sprinkle wood chips over bottom of pot; cover. Turn exhaust fan on high.
- ☐ Heat pot over high heat until smoke begins to form inside pot. Fill 9 x 4 1/2 x 3-inch metal loaf pan with ice.
- ☐ Place in pot; cover tightly. Smoke ice until just melted, about 5 minutes.
- ☐ Remove from heat. Cool slightly. Cover loaf pan tightly with plastic wrap; freeze until firm, at least 6 hours. Using ice pick, cut ice block crosswise into 4 large smoked ice chunks. Wrap tightly in plastic and keep frozen.
- ☐ Bring 1 cup water and sugar to boil in medium saucepan over high heat, stirring until sugar dissolves.
- ☐ Add pecans; reduce heat to medium and simmer until syrup tastes like pecans, about 12 minutes. Strain; discard pecans. Cover and chill pecan syrup until cold, about 2 hours.
- ☐ Place 5 tablespoons whiskey, 3 tablespoons Sherry, 1 tablespoon lemon juice, and 3 tablespoons pecan syrup in cocktail shaker. Fill with plain ice cubes; cover and shake until cold. Divide mixture between 2 old-fashioned glasses. Repeat with remaining 5 tablespoons whiskey, 3 tablespoons Sherry, 1 tablespoon lemon juice, 3 tablespoons pecan syrup, and ice.
- ☐ Place 1 smoked ice chunk in each glass and serve.

Nutrition Facts



Properties

Glycemic Index:58.61, Glycemic Load:43.15, Inflammation Score:-4, Nutrition Score:11.098695607289%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 553.18kcal (27.66%), Fat: 27.83g (42.81%), Saturated Fat: 6.29g (39.33%), Carbohydrates: 72.16g (24.05%), Net Carbohydrates: 64.95g (23.62%), Sugar: 32.95g (36.61%), Cholesterol: 0mg (0%), Sodium: 584.63mg (25.42%), Alcohol: 2.32g (100%), Alcohol %: 1.05% (100%), Protein: 5.28g (10.55%), Manganese: 0.93mg (46.29%), Fiber: 7.21g (28.83%), Potassium: 754.34mg (21.55%), Vitamin B6: 0.38mg (18.89%), Vitamin C: 15.57mg (18.87%), Vitamin B3: 3.18mg (15.91%), Vitamin B1: 0.22mg (14.61%), Phosphorus: 141.24mg (14.12%), Magnesium: 51.76mg (12.94%), Copper: 0.24mg (12.11%), Iron: 2.07mg (11.5%), Folate: 39.62µg (9.9%), Vitamin B5: 0.86mg (8.63%), Zinc: 1.09mg (7.3%), Vitamin B2: 0.08mg (4.94%), Calcium: 33.46mg (3.35%), Vitamin E: 0.33mg (2.18%), Selenium: 1.29µg (1.84%)