

Some Like It Hot



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

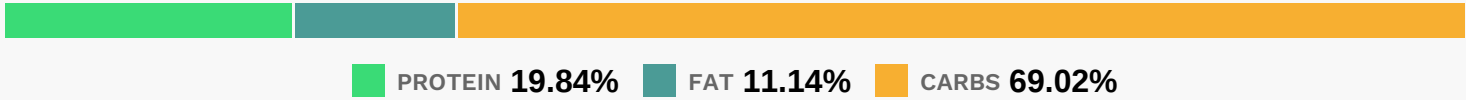
- ☐ 0.5 ounce chartreuse yellow
- ☐ 1 dash hot sauce
- ☐ 1 serving cranberry-orange relish
- ☐ 2 orange juice freshly squeezed
- ☐ 1.5 ounces turkey wild
- ☐ 2 dashes irish whiskey

Equipment

Directions

- ☐ Fill cocktail shaker with ice.
- ☐ Add rye, Aperol, Yellow Chartreuse, orange juice, bitters, and hot sauce. Shake for 15 seconds, then strain into an ice-filled old fashioned glass.
- ☐ Garnish with orange twist.

Nutrition Facts



Properties

Glycemic Index:109.5, Glycemic Load:9.96, Inflammation Score:-7, Nutrition Score:11.36652172616%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 38.87mg, Hesperetin: 38.87mg, Hesperetin: 38.87mg, Hesperetin: 38.87mg Naringenin: 16.36mg, Naringenin: 16.36mg, Naringenin: 16.36mg, Naringenin: 16.36mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 195.38kcal (9.77%), Fat: 2.05g (3.16%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 28.6g (9.53%), Net Carbohydrates: 26.2g (9.53%), Sugar: 23.97g (26.63%), Cholesterol: 21.74mg (7.25%), Sodium: 37.66mg (1.64%), Alcohol: 8.52g (100%), Alcohol %: 4.21% (100%), Protein: 8.22g (16.44%), Vitamin C: 107.95mg (130.85%), Folate: 65.12µg (16.28%), Vitamin B3: 3.04mg (15.2%), Vitamin B6: 0.28mg (14.15%), Potassium: 470.69mg (13.45%), Vitamin B1: 0.2mg (13.4%), Selenium: 7µg (10%), Fiber: 2.4g (9.6%), Vitamin A: 459.57IU (9.19%), Phosphorus: 88.32mg (8.83%), Vitamin B2: 0.13mg (7.53%), Magnesium: 29.75mg (7.44%), Vitamin B5: 0.7mg (6.98%), Vitamin B12: 0.37µg (6.14%), Copper: 0.12mg (5.84%), Calcium: 52.53mg (5.25%), Zinc: 0.66mg (4.41%), Iron: 0.59mg (3.28%), Manganese: 0.04mg (2.16%), Vitamin E: 0.24mg (1.58%)