

Southern Godfather



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup almond liqueur
- ☐ 2 tea bags black
- ☐ 6 servings garnish: mint leaves fresh
- ☐ 8 mint leaves
- ☐ 0.5 cup sugar
- ☐ 1.3 cups irish whiskey

Equipment

Directions

- ☐ Pour 2 1/2 cups boiling water over tea bags and mint leaves; cover and steep 5 minutes. Discard tea bags and mint leaves; stir in sugar.
- ☐ Combine tea, whiskey, and almond liqueur over ice in a large pitcher; stir gently.
- ☐ Garnish, if desired.
- ☐ Serve It in Style: Keep your drinks chilled in an innovative homemade cooler. Tia suggests filling a galvanized tin tray with water, evenly spacing emptied but weighted soup cans in it, and placing it in the freezer. Once the water's frozen, remove the cans and you're left with a fabulous cooler.

Nutrition Facts



Properties

Glycemic Index:15.85, Glycemic Load:11.7, Inflammation Score:-3, Nutrition Score:2.3452173808347%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 223.22kcal (11.16%), Fat: 3.05g (4.69%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 17.35g (6.31%), Sugar: 16.94g (18.82%), Cholesterol: 0mg (0%), Sodium: 0.95mg (0.04%), Alcohol: 17.7g (100%), Alcohol %: 29.73% (100%), Protein: 1.35g (2.7%), Vitamin E: 1.53mg (10.17%), Manganese: 0.17mg (8.41%), Vitamin B2: 0.08mg (4.58%), Magnesium: 17.95mg (4.49%), Copper: 0.08mg (3.85%), Fiber: 0.93g (3.73%), Phosphorus: 31.84mg (3.18%), Calcium: 21.86mg (2.19%), Iron: 0.36mg (1.99%), Vitamin A: 99.18IU (1.98%), Potassium: 57.78mg (1.65%), Zinc: 0.22mg (1.49%), Vitamin B3: 0.28mg (1.4%), Folate: 5.28µg (1.32%), Vitamin B1: 0.02mg (1.2%)