

Suffering Baptist



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

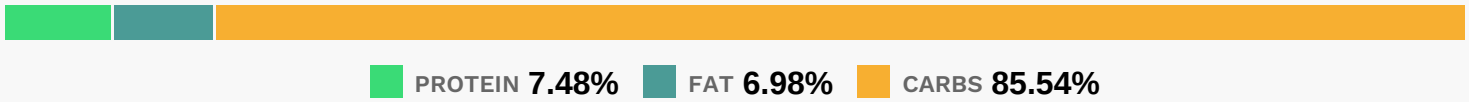
- ☐ 1 Dash angostura bitters
- ☐ 1.5 ounces balcones true cask strength corn whisky blue
- ☐ 1 ounce plymouth sloe gin
- ☐ 1 serving lime wheel for garnish
- ☐ 1 ounce juice of lime freshly squeezed
- ☐ 2 ounces maine root ginger beer

Equipment

Directions

- ☐ Build the liquid ingredients over crushed ice in a double Old Fashioned glass or goblet; stir or swizzle to mix.
- ☐ Garnish with the lime wheel.
- ☐ Reprinted with permission from Tipsy Texan: Spirits and Cocktails from the Lone Star State by David Alan, © 2013 Andrews McMeel Publishing, LLC

Nutrition Facts



Properties

Glycemic Index:102.5, Glycemic Load:4.56, Inflammation Score:-3, Nutrition Score:2.9452173670997%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 5.55mg, Hesperetin: 5.55mg, Hesperetin: 5.55mg, Hesperetin: 5.55mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 143.5kcal (7.18%), Fat: 0.67g (1.03%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 18.51g (6.17%), Net Carbohydrates: 17.18g (6.25%), Sugar: 8.67g (9.63%), Cholesterol: 0mg (0%), Sodium: 8.79mg (0.38%), Alcohol: 9.92g (100%), Alcohol %: 7.67% (100%), Protein: 1.62g (3.24%), Vitamin C: 12.88mg (15.61%), Fiber: 1.33g (5.32%), Manganese: 0.09mg (4.46%), Phosphorus: 39.11mg (3.91%), Vitamin B3: 0.77mg (3.87%), Vitamin B5: 0.39mg (3.87%), Potassium: 134.15mg (3.83%), Vitamin B6: 0.07mg (3.66%), Magnesium: 14.31mg (3.58%), Vitamin B1: 0.05mg (3.36%), Folate: 13.18µg (3.29%), Vitamin A: 129.51IU (2.59%), Zinc: 0.35mg (2.3%), Copper: 0.04mg (2.15%), Vitamin B2: 0.03mg (1.83%), Iron: 0.3mg (1.66%), Calcium: 10.39mg (1.04%)