

Sweet Pick-Me-Up



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



1617 kcal

BEVERAGE

DRINK

Ingredients



2 dashes angostura bitters



5 tablespoons coffee-bean granita whole italian



1 stick cinnamon



2 teaspoons star anise



12 star anise



1 cup sugar



1 ounce mirin chilled



1 cup water

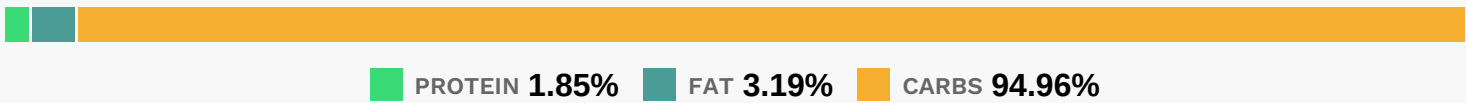
- ☐ 3 ounces red wine
- ☐ 750 mL wine dry italian

Equipment

Directions

- ☐ Add coffee beans to bottle of wine, close with stopper and infuse at room temperature for 24 hours. Strain before using.
- ☐ For the star anise syrup: Bring water, sugar, and star anise to a boil, stirring until sugar dissolves.
- ☐ Remove from heat and let infuse for 30 minutes. Strain and bottle, keep refrigerated.
- ☐ For each drink: in a wine glass, stir coffee-infused wine, Cocchi vermouth, star anise syrup, and chocolate bitters.
- ☐ Add ice if desired and garnish.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.77, Inflammation Score:-10, Nutrition Score:11.476956776951%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 26.94mg, Petunidin: 26.94mg, Petunidin: 26.94mg, Petunidin: 26.94mg Delphinidin: 33.51mg, Delphinidin: 33.51mg, Delphinidin: 33.51mg, Delphinidin: 33.51mg Malvidin: 211.41mg, Malvidin: 211.41mg, Malvidin: 211.41mg, Malvidin: 211.41mg Peonidin: 15.14mg, Peonidin: 15.14mg, Peonidin: 15.14mg, Peonidin: 15.14mg Catechin: 64.66mg, Catechin: 64.66mg, Catechin: 64.66mg, Catechin: 64.66mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 84.33mg, Epicatechin: 84.33mg, Epicatechin: 84.33mg, Epicatechin: 84.33mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 1.51mg, Naringenin: 1.51mg, Naringenin: 1.51mg, Naringenin: 1.51mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg, Quercetin: 5.3mg Gallocatechin:

0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 1616.75kcal (80.84%), Fat: 3.54g (5.45%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 237.41g (79.14%), Net Carbohydrates: 232.34g (84.49%), Sugar: 199.24g (221.38%), Cholesterol: 0mg (0%), Sodium: 25.1mg (1.09%), Alcohol: 92.49g (100%), Alcohol %: 8.3% (100%), Caffeine: 105.73mg (35.24%), Protein: 4.62g (9.25%), Manganese: 1.32mg (66.08%), Iron: 9.55mg (53.08%), Calcium: 215.09mg (21.51%), Fiber: 5.07g (20.28%), Potassium: 498.12mg (14.23%), Magnesium: 56.07mg (14.02%), Copper: 0.28mg (13.86%), Phosphorus: 120.6mg (12.06%), Vitamin B6: 0.2mg (9.85%), Zinc: 1.43mg (9.55%), Vitamin C: 4.75mg (5.76%), Vitamin B2: 0.09mg (5.39%), Vitamin B1: 0.08mg (5.32%), Vitamin B3: 0.91mg (4.55%), Vitamin B5: 0.21mg (2.13%), Selenium: 1.38µg (1.97%), Vitamin A: 80.45IU (1.61%), Vitamin K: 1.43µg (1.36%)