



The Aphrodite



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



120 kcal

BEVERAGE

DRINK

Ingredients

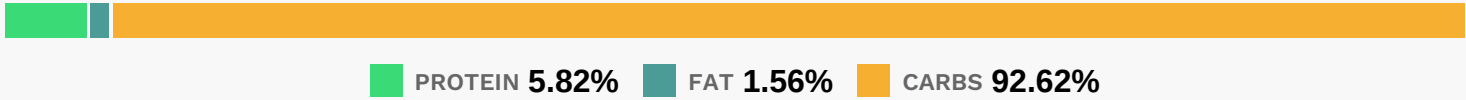
- ☐ 1 ounce cooking sherry (a.k.a. oloroso sherry)
- ☐ 1 ounce mirin dry
- ☐ 1 serving ice cubes
- ☐ 1 serving cranberry-orange relish for garnish
- ☐ 2 dashes orange bitters
- ☐ 1 ounce mirin sweet such as carpano antica

Equipment

Directions

- ☐ Place a cocktail glass in the freezer to chill.
- ☐ Place the sherry, vermouths, and bitters in a cocktail shaker filled halfway with ice. Stir briskly with a barspoon until thoroughly chilled, about 30 seconds. Strain into the chilled glass.
- ☐ Garnish with the orange twist.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:3.71, Inflammation Score:-6, Nutrition Score:5.0152174564807%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Hesperetin: 24.64mg, Hesperetin: 24.64mg, Hesperetin: 24.64mg, Hesperetin: 24.64mg Naringenin: 13.9mg, Naringenin: 13.9mg, Naringenin: 13.9mg, Naringenin: 13.9mg 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: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 120.43kcal (6.02%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 14.4g (4.8%), Net Carbohydrates: 12.24g (4.45%), Sugar: 8.95g (9.94%), Cholesterol: 0mg (0%), Sodium: 4.22mg (0.18%), Alcohol: 9.21g (100%), Alcohol %: 5.01% (100%), Protein: 0.91g (1.81%), Vitamin C: 47.88mg (58.04%), Fiber: 2.16g (8.64%), Folate: 27.28µg (6.82%), Vitamin B1: 0.08mg (5.31%), Potassium: 183.03mg (5.23%), Vitamin A: 202.5IU (4.05%), Calcium: 40.23mg (4.02%), Vitamin B6: 0.07mg (3.41%), Magnesium: 12.4mg (3.1%), Manganese: 0.06mg (2.78%), Copper: 0.05mg (2.53%), Vitamin B5: 0.24mg (2.38%), Vitamin B2: 0.04mg (2.37%), Phosphorus: 17.7mg (1.77%), Vitamin B3: 0.28mg (1.42%), Vitamin E: 0.16mg (1.08%)