



The Autumn Orchard



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



247 kcal

BEVERAGE

DRINK

Ingredients

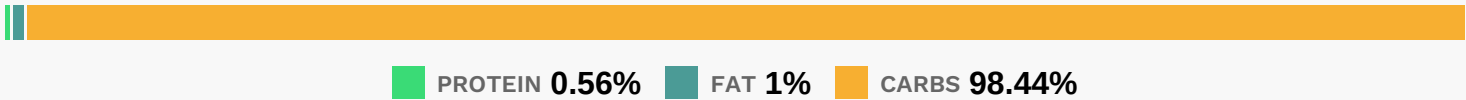
- ☐ 2 dashes angostura bitters
- ☐ 0.3 cup calvados (apple brandy)
- ☐ 0.3 cup cognac (such as Camus VS)
- ☐ 2 servings ice cubes
- ☐ 2 slices lime
- ☐ 4.5 teaspoons juice of lime fresh
- ☐ 2 tablespoons pear liqueur (such as Rothman and Winter or Mathilde)
- ☐ 2 tablespoons cointreau

Equipment

Directions

- ☐
- Mix first 6 ingredients in cocktail shaker.
- ☐
- Add ice. Cover and shake vigorously 20 times. Strain between 2 coupe glasses. Float lime slices on top and serve.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:0.51478260949902%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.44mg, Hesperetin: 1.44mg, Hesperetin: 1.44mg, Hesperetin: 1.44mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 247.07kcal (12.35%), Fat: 0.05g (0.08%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 12.15g (4.05%), Net Carbohydrates: 12.08g (4.39%), Sugar: 10.92g (12.14%), Cholesterol: 0mg (0%), Sodium: 4.84mg (0.21%), Alcohol: 30.36g (100%), Alcohol %: 24.19% (100%), Caffeine: 3.9mg (1.3%), Protein: 0.07g (0.14%), Vitamin C: 3.67mg (4.44%), Copper: 0.03mg (1.56%)