

The Celtic Buck

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



2002 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 stick cinnamon
- ☐ 1.5 ounces ginger ale
- ☐ 5 cubes ice cubes
- ☐ 0.5 ounce juice of lemon fresh
- ☐ 3 slices pears
- ☐ 1 ounce pear nectar
- ☐ 2 ounces scotch whiskey
- ☐ 2 cups sugar

- ☐ 2 cups water
- ☐ 0.5 ounce allspice whole

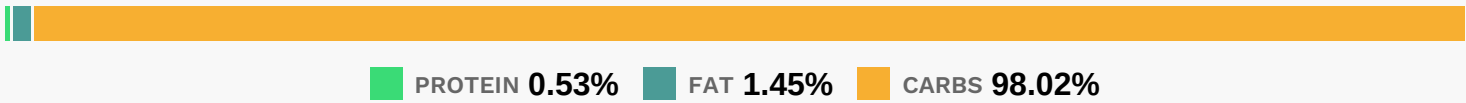
Equipment

- ☐ sauce pan
- ☐ sieve
- ☐ toothpicks

Directions

- ☐ If using whole allspice, in spice or coffee grinder, buzz until powdery (about 20 seconds)
- ☐ In medium saucepan over moderately high heat, combine 2 cups water and sugar, stirring until sugar dissolves. Bring to boil, then stir in allspice.
- ☐ Remove from heat and let stand 45 minutes. Strain through fine-mesh sieve. (Syrup can be made ahead and refrigerated, tightly covered, up to 3 weeks.)
- ☐ In cocktail shaker, combine Scotch, pear nectar, lemon juice, and 1 tablespoon allspice syrup. Fill with ice and shake 20 seconds. Strain drink into tall glass filled with fresh ice. Top with ginger ale.
- ☐ To garnish, insert toothpick through pear slices to create fan. Tuck fan into top of glass, then add cinnamon stick and straws.

Nutrition Facts



Properties

Glycemic Index:204.84, Glycemic Load:301.4, Inflammation Score:-5, Nutrition Score:15.43260879102%

Flavonoids

Cyanidin: 8.65mg, Cyanidin: 8.65mg, Cyanidin: 8.65mg, Cyanidin: 8.65mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epigallocatechin: 2.48mg, Epigallocatechin: 2.48mg, Epigallocatechin: 2.48mg, Epigallocatechin: 2.48mg Epicatechin: 15.79mg, Epicatechin: 15.79mg, Epicatechin: 15.79mg, Epicatechin: 15.79mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg

Eriodictyol: 0.69mg Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg, Isorhamnetin: 1.26mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 2001.66kcal (100.08%), Fat: 3.18g (4.89%), Saturated Fat: 0.47g (2.95%), Carbohydrates: 484.52g (161.51%), Net Carbohydrates: 466.37g (169.59%), Sugar: 448.73g (498.59%), Cholesterol: 0mg (0%), Sodium: 50.88mg (2.21%), Alcohol: 20.41g (100%), Alcohol %: 1.7% (100%), Protein: 2.6g (5.19%), Fiber: 18.15g (72.61%), Manganese: 1.27mg (63.32%), Vitamin C: 29.55mg (35.81%), Copper: 0.59mg (29.32%), Potassium: 677.55mg (19.36%), Vitamin K: 20.08µg (19.13%), Calcium: 190.4mg (19.04%), Magnesium: 58.19mg (14.55%), Iron: 2.42mg (13.45%), Vitamin B2: 0.2mg (11.88%), Folate: 37.83µg (9.46%), Vitamin B6: 0.17mg (8.38%), Phosphorus: 72.34mg (7.23%), Vitamin B3: 1.21mg (6.03%), Zinc: 0.78mg (5.21%), Vitamin B1: 0.07mg (4.93%), Selenium: 3.37µg (4.81%), Vitamin E: 0.62mg (4.14%), Vitamin A: 193IU (3.86%), Vitamin B5: 0.24mg (2.43%)