

The Chocolate Rye

 Dairy Free

READY IN



4320 min.

SERVINGS



1

CALORIES



1539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 allspice
- ☐ 0.3 cup almonds toasted sliced
- ☐ 0.5 teaspoon peppercorns whole black
- ☐ 0.3 cup cacao nibs
- ☐ 1 serving cherries
- ☐ 2 sticks cinnamon (2-inch long)
- ☐ 0.5 inch ginger fresh peeled sliced
- ☐ 1 maraschino cherry syrup

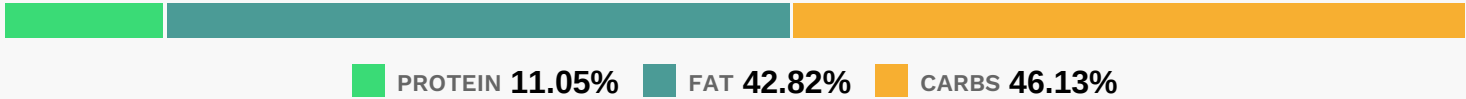
- ☐ 0.5 ounce meyer lemon juice freshly squeezed
- ☐ 1.8 ounce rye flakes
- ☐ 1.5 cups irish whiskey such as redemption rye
- ☐ 0.8 ounce cooking sherry

Equipment

Directions

- ☐ For the infusion: In an airtight container, combine cacao nibs, peppercorns, allspice berries, cinnamon sticks, ginger, and rye, and swirl to mix.
- ☐ Let sit at room temperature for 2 days, shaking occasionally, then strain into a clean airtight container. (See note above.)
- ☐ For each cocktail: Fill a mixing glass 2/3 full with ice.
- ☐ Add infused rye, sherry, lemon juice, and syrup from the cherry jar. Stir until well chilled, about 25 seconds. Strain into a chilled cocktail glass.
- ☐ Garnish with cherry and serve.

Nutrition Facts



Properties

Glycemic Index:129, Glycemic Load:5.12, Inflammation Score:-9, Nutrition Score:29.403478477312%

Flavonoids

Cyanidin: 42.86mg, Cyanidin: 42.86mg, Cyanidin: 42.86mg, Cyanidin: 42.86mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg Catechin: 6.56mg, Catechin: 6.56mg, Catechin: 6.56mg, Catechin: 6.56mg Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg Epicatechin: 7.25mg, Epicatechin: 7.25mg, Epicatechin: 7.25mg, Epicatechin: 7.25mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 2.14mg, Hesperetin: 2.14mg, Hesperetin: 2.14mg, Hesperetin: 2.14mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg, Isorhamnetin: 0.68mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg

Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 1539.16kcal (76.96%), Fat: 32.64g (50.22%), Saturated Fat: 14.27g (89.16%), Carbohydrates: 79.11g (26.37%), Net Carbohydrates: 52.45g (19.07%), Sugar: 21.71g (24.12%), Cholesterol: 0mg (0%), Sodium: 3.95mg (0.17%), Alcohol: 129.63g (100%), Alcohol %: 25.1% (100%), Protein: 18.96g (37.91%), Manganese: 5.53mg (276.42%), Fiber: 26.66g (106.63%), Magnesium: 263.87mg (65.97%), Phosphorus: 478.87mg (47.89%), Vitamin E: 6.9mg (45.97%), Copper: 0.78mg (39.23%), Selenium: 26.64µg (38.06%), Iron: 5.52mg (30.69%), Vitamin B2: 0.47mg (27.91%), Potassium: 953.94mg (27.26%), Zinc: 3.87mg (25.79%), Vitamin B3: 4.15mg (20.74%), Calcium: 194.37mg (19.44%), Vitamin C: 15.92mg (19.3%), Vitamin B1: 0.27mg (18.12%), Vitamin B6: 0.34mg (16.99%), Vitamin B5: 1.22mg (12.22%), Vitamin K: 11.74µg (11.18%), Folate: 27.57µg (6.89%), Vitamin A: 131.52IU (2.63%)