



The Corduroy Jacket



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



265 kcal

BEVERAGE

DRINK

Ingredients

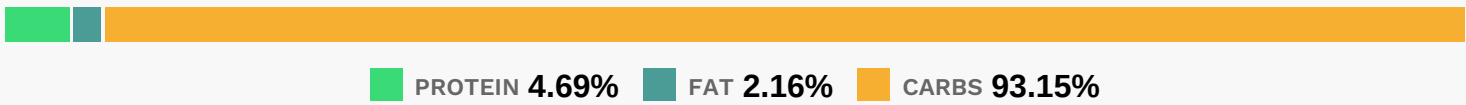
- ☐ 2 dashes angostura bitters
- ☐ 6 tablespoons sparkling apple cider chilled
- ☐ 0.3 cup cognac
- ☐ 1 cranberry-orange relish fresh
- ☐ 3.5 inch orange peel
- ☐ 1 brown sugar cube
- ☐ 1 serving thyme sprig fresh

Equipment

Directions

- ☐ Muddle orange slice, brown sugar cube, and Angostura bitters in a cocktail shaker to release flavors.
- ☐ Fill shaker with ice cubes, and add cognac; cover with lid, and shake vigorously until thoroughly chilled (about 30 seconds). Strain into a stemmed 10-oz. glass.
- ☐ Top with sparkling apple cider.
- ☐ Garnish with orange peel and fresh thyme sprig.

Nutrition Facts



Properties

Glycemic Index:143.25, Glycemic Load:9.35, Inflammation Score:-9, Nutrition Score:9.0360869065575%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epicatechin: 4.24mg, Epicatechin: 4.24mg, Epicatechin: 4.24mg, Epicatechin: 4.24mg Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 264.52kcal (13.23%), Fat: 0.31g (0.48%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 30g (10%), Net Carbohydrates: 25.59g (9.31%), Sugar: 22.14g (24.6%), Cholesterol: 0mg (0%), Sodium: 4.84mg (0.21%), Alcohol: 20.94g (100%), Alcohol %: 9.03% (100%), Protein: 1.51g (3.02%), Vitamin C: 84.19mg (102.05%), Fiber: 4.41g (17.63%), Folate: 42.43µg (10.61%), Potassium: 355.48mg (10.16%), Vitamin B1: 0.15mg (9.84%), Calcium: 78.79mg (7.88%), Vitamin A: 380.5IU (7.61%), Manganese: 0.13mg (6.4%), Vitamin B6: 0.11mg (5.75%), Magnesium: 21.25mg (5.31%), Vitamin B2: 0.08mg (4.87%), Copper: 0.1mg (4.83%), Vitamin B5: 0.42mg (4.21%), Phosphorus: 30.01mg (3%), Iron: 0.52mg (2.87%), Vitamin B3: 0.54mg (2.71%), Vitamin E: 0.27mg (1.78%), Selenium: 0.85µg (1.21%), Zinc: 0.17mg (1.16%)