



The Keats

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



525 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 ounces apple brandy
- 0.8 ounce apple cider vinegar
- 1 piece ginger fresh diced peeled
- 1 tablespoon honey
- 0.5 ounce orange liqueur
- 0.5 cup sugar

Equipment

- food processor

- sauce pan
- sieve
- blender
- cheesecloth

Directions

- Combine the sugar and 1/2 cup water in a saucepan over medium heat; cook, stirring, until the sugar dissolves.
- Remove from the heat and let cool.
- Transfer the syrup to a food processor or blender, add the ginger and puree until smooth.
- Let sit 2 to 3 hours, then strain the syrup through a fine-mesh strainer lined with cheesecloth.
- Combine the brandy, vinegar, orange liqueur, honey and about 1 tablespoon of the ginger syrup in a cocktail shaker filled with ice. Shake well, then strain into a rocks glass filled with ice.
- Garnish with star anise, if desired.
- Photograph by James Wojcik

Nutrition Facts

PROTEIN 0.24% **FAT 0.84%** **CARBS 98.92%**

Properties

Glycemic Index:209.36, Glycemic Load:80.63, Inflammation Score:-1, Nutrition Score:1.4939130376215%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 524.68kcal (26.23%), Fat: 0.49g (0.75%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 128.78g (42.93%), Net Carbohydrates: 127.58g (46.39%), Sugar: 126.23g (140.26%), Cholesterol: 0mg (0%), Sodium: 5.37mg (0.23%), Alcohol: 3.69g (100%), Alcohol %: 2.27% (100%), Caffeine: 3.69mg (1.23%), Protein: 0.32g (0.63%), Manganese: 0.11mg (5.35%), Fiber: 1.2g (4.81%), Potassium: 107.24mg (3.06%), Vitamin C: 2.41mg (2.92%), Vitamin B2: 0.04mg (2.48%), Copper: 0.05mg (2.46%), Magnesium: 7.04mg (1.76%), Vitamin B6: 0.03mg (1.68%), Iron: 0.28mg (1.57%), Selenium: 0.88µg (1.26%), Phosphorus: 10.45mg (1.04%)