

 100%
HEALTH SCORE

The MmmmHmmm



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



5 min.

SERVINGS



1

CALORIES



4270 kcal

Ingredients

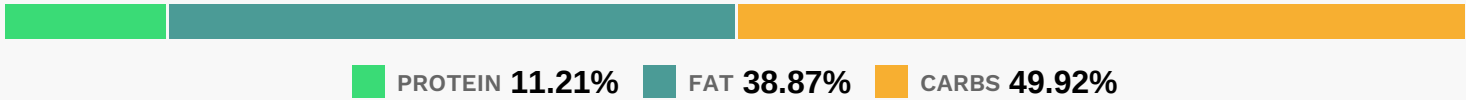
- ☐ 0.5 allspice
- ☐ 0.3 banana fresh ripe
- ☐ 0.5 ounce evaporated cane juice
- ☐ 1 serving ice crushed
- ☐ 1.5 ounces pecans toasted
- ☐ 2 cups pecans toasted
- ☐ 750 mL rye flakes
- ☐ 0.8 ounce vodka
- ☐ 0.3 ounce walnuts

Equipment

Directions

- ☐ Place toasted pecans and rye in a large glass jar.
- ☐ Let rest for 2 days. Strain before use.
- ☐ Place banana in a cocktail shaker and muddle.
- ☐ Add rye, vodka, cane syrup, and Allspice Dram. Fill with ice. Shake vigorously and strain into a rocks glass.
- ☐ Fill rocks glass with crushed ice. Float Nocino on top of drink and serve.

Nutrition Facts



Properties

Glycemic Index:124.78, Glycemic Load:5.49, Inflammation Score:-10, Nutrition Score:72.206956490226%

Flavonoids

Cyanidin: 26.02mg, Cyanidin: 26.02mg, Cyanidin: 26.02mg, Cyanidin: 26.02mg Delphinidin: 17.51mg, Delphinidin: 17.51mg, Delphinidin: 17.51mg, Delphinidin: 17.51mg Catechin: 19.81mg, Catechin: 19.81mg, Catechin: 19.81mg, Catechin: 19.81mg Epigallocatechin: 13.54mg, Epigallocatechin: 13.54mg, Epigallocatechin: 13.54mg, Epigallocatechin: 13.54mg Epicatechin: 1.98mg, Epicatechin: 1.98mg, Epicatechin: 1.98mg, Epicatechin: 1.98mg Epigallocatechin 3-gallate: 5.53mg, Epigallocatechin 3-gallate: 5.53mg, Epigallocatechin 3-gallate: 5.53mg, Epigallocatechin 3-gallate: 5.53mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 4269.83kcal (213.49%), Fat: 198.18g (304.9%), Saturated Fat: 17.59g (109.96%), Carbohydrates: 572.83g (190.94%), Net Carbohydrates: 378.73g (137.72%), Sugar: 36.21g (40.23%), Cholesterol: 0mg (0%), Sodium: 8.34mg (0.36%), Alcohol: 7.1g (100%), Alcohol %: 0.84% (100%), Protein: 128.57g (257.13%), Manganese: 61.42mg (3071.16%), Fiber: 194.1g (776.39%), Selenium: 392.38µg (560.55%), Phosphorus: 5440.55mg (544.05%), Magnesium: 2172.93mg (543.23%), Copper: 8.28mg (414.11%), Zinc: 53.17mg (354.5%), Iron: 54.4mg (302.22%), Vitamin B1: 3.87mg (258.33%), Vitamin B3: 44.41mg (222.03%), Potassium: 6638.63mg (189.68%), Vitamin B6: 3.69mg (184.38%), Vitamin B2: 2.6mg (153.15%), Vitamin B5: 13.5mg (134.97%), Vitamin E: 13.96mg (93.04%), Calcium: 597.64mg (59.76%), Vitamin K: 53.06µg (50.53%), Folate: 180.25µg (45.06%), Vitamin C: 6.18mg (7.49%), Vitamin A: 244.05IU (4.88%)