



The Outsider from Prime Meats



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



195 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 ounces bourbon (Buffalo Trace recommended)
- ☐ 12 cinnamon sticks
- ☐ 6 ounces cider boiled
- ☐ 12 dashes orange bitters
- ☐ 48 inch orange zest
- ☐ 18 ounces rooibos tea
- ☐ 12 dashes irish whiskey

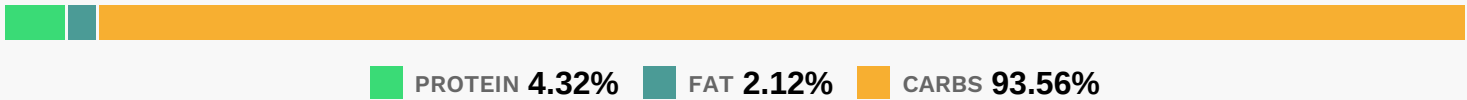
Equipment

- ☐ bowl
- ☐ pot
- ☐ slow cooker

Directions

- ☐ Heat the bourbon, boiled cider, bitters, tea, orange peels, and cinnamon sticks in a 4 quart pot until warmed through.
- ☐ Pour into a ceramic punch bowl or crock pot.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:0.1, Inflammation Score:-7, Nutrition Score:7.5060868781546%

Flavonoids

Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epigallocatechin: 6.85mg, Epigallocatechin: 6.85mg, Epigallocatechin: 6.85mg, Epigallocatechin: 6.85mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Epicatechin 3-gallate: 4.98mg, Epicatechin 3-gallate: 4.98mg, Epicatechin 3-gallate: 4.98mg, Epicatechin 3-gallate: 4.98mg Epigallocatechin 3-gallate: 7.96mg, Epigallocatechin 3-gallate: 7.96mg, Epigallocatechin 3-gallate: 7.96mg, Epigallocatechin 3-gallate: 7.96mg Theaflavin: 1.34mg, Theaflavin: 1.34mg, Theaflavin: 1.34mg, Theaflavin: 1.34mg Thearubigins: 69.14mg, Thearubigins: 69.14mg, Thearubigins: 69.14mg, Thearubigins: 69.14mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg Theaflavin-3,3'-digallate: 1.49mg, Theaflavin-3,3'-digallate: 1.49mg, Theaflavin-3,3'-digallate: 1.49mg, Theaflavin-3'-gallate: 1.28mg, Theaflavin-3'-gallate: 1.28mg, Theaflavin-3'-gallate: 1.28mg, Theaflavin-3'-gallate: 1.28mg Gallocatechin: 1.06mg, Gallocatechin: 1.06mg, Gallocatechin: 1.06mg, Gallocatechin: 1.06mg

Nutrients (% of daily need)

Calories: 194.97kcal (9.75%), Fat: 0.13g (0.2%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 12.65g (4.22%), Net Carbohydrates: 6.78g (2.47%), Sugar: 1.17g (1.29%), Cholesterol: 0mg (0%), Sodium: 5.56mg (0.24%), Alcohol: 21.98g (100%), Alcohol %: 13.83% (100%), Caffeine: 17.01mg (5.67%), Protein: 0.58g (1.17%), Manganese: 1.42mg (70.96%), Vitamin C: 27.9mg (33.82%), Fiber: 5.87g (23.48%), Calcium: 102.86mg (10.29%), Iron: 0.79mg (4.36%), Copper: 0.06mg (3.16%), Potassium: 105.87mg (3.02%), Magnesium: 11.22mg (2.81%), Folate: 10.77µg (2.69%),

Vitamin B6: 0.05mg (2.37%), Vitamin A: 105.99IU (2.12%), Vitamin B2: 0.04mg (2.08%), Vitamin K: 2.18µg (2.08%),
Vitamin B1: 0.03mg (1.97%), Zinc: 0.22mg (1.46%), Vitamin E: 0.21mg (1.42%), Vitamin B3: 0.28mg (1.42%), Vitamin
B5: 0.13mg (1.34%), Phosphorus: 11.93mg (1.19%)