



The Queequeg from The Drink



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



171 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 ounce ale
- ☐ 2.5 ounces honey
- ☐ 8 ounces honey
- ☐ 1 ounces juice of lemon fresh
- ☐ 20 dashes orange bitters
- ☐ 2.5 ounces orange juice fresh
- ☐ 8 ounces rum
- ☐ 8 ounces water

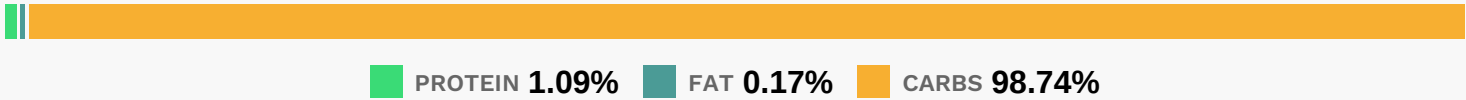
Equipment

☐ bowl

Directions

- ☐ Combine honey and warm water. Stir together thoroughly, or combine in a jar and shake until mixed.
- ☐ Combine the rum, orange juice, lemon juice, honey syrup, and bitters in a punch bowl. Stir and serve with ice.

Nutrition Facts



Properties

Glycemic Index:21.2, Glycemic Load:13.66, Inflammation Score:-2, Nutrition Score:0.93217391609822%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 170.84kcal (8.54%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 27.59g (9.2%), Net Carbohydrates: 27.51g (10%), Sugar: 25.37g (28.18%), Cholesterol: 0mg (0%), Sodium: 4.01mg (0.17%), Alcohol: 9.8g (100%), Alcohol %: 10.26% (100%), Protein: 0.31g (0.61%), Vitamin C: 4.79mg (5.81%), Manganese: 0.03mg (1.6%), Vitamin B2: 0.02mg (1.37%), Vitamin B6: 0.03mg (1.36%), Folate: 5.33µg (1.33%), Vitamin B3: 0.24mg (1.22%), Copper: 0.02mg (1.22%), Potassium: 42.21mg (1.21%)