



The Sidecar Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



297 kcal

BEVERAGE

DRINK

Ingredients



1.5 ounce cognac dry (or brandy)



1 lemon twist



0.8 ounce squeezed lemon juice fresh



1 wedge lemon fresh



2 tablespoon caster sugar



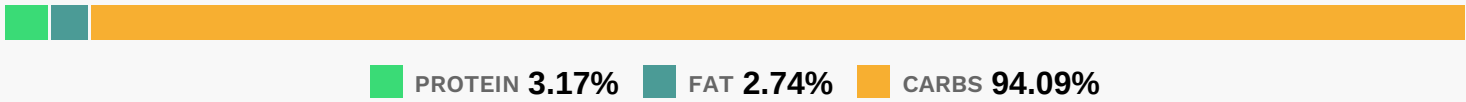
0.8 ounce cointreau (or triple sec)

Equipment

Directions

- ☐ Rub the rim of a chilled cocktail glass with the lemon wedge. Discard the wedge. Rim the lip of the glass with sugar.
- ☐ Add the Cognac, Cointreau and lemon juice to a cocktail shaker half filled with ice cubes. Cover and shake vigorously. Strain into the sugar rimmed glass.
- ☐ Garnish with lemon twist, expressed and dropped on top.

Nutrition Facts



Properties

Glycemic Index:136.09, Glycemic Load:18.85, Inflammation Score:-6, Nutrition Score:6.7078260442485%

Flavonoids

Eriodictyol: 27.95mg, Eriodictyol: 27.95mg, Eriodictyol: 27.95mg, Eriodictyol: 27.95mg Hesperetin: 38.23mg, Hesperetin: 38.23mg, Hesperetin: 38.23mg, Hesperetin: 38.23mg Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg Luteolin: 2.39mg, Luteolin: 2.39mg, Luteolin: 2.39mg, Luteolin: 2.39mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 297.34kcal (14.87%), Fat: 0.57g (0.88%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 43.96g (14.65%), Net Carbohydrates: 40.37g (14.68%), Sugar: 34.48g (38.32%), Cholesterol: 0mg (0%), Sodium: 5.1mg (0.22%), Alcohol: 19.73g (100%), Alcohol %: 10.64% (100%), Caffeine: 5.53mg (1.84%), Protein: 1.48g (2.96%), Vitamin C: 75.01mg (90.92%), Fiber: 3.59g (14.37%), Potassium: 203.49mg (5.81%), Vitamin B6: 0.11mg (5.55%), Iron: 0.81mg (4.53%), Folate: 18.11µg (4.53%), Vitamin B1: 0.06mg (3.93%), Copper: 0.07mg (3.46%), Calcium: 34.49mg (3.45%), Magnesium: 11.99mg (3%), Vitamin B5: 0.27mg (2.67%), Manganese: 0.05mg (2.63%), Phosphorus: 24.84mg (2.48%), Vitamin B2: 0.04mg (2.19%), Vitamin E: 0.22mg (1.47%), Selenium: 0.73µg (1.05%)