

The Stout Diplomat



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 ounce rum dark such as diplomatico, chilled



0.5 ounce cooking sherry chilled



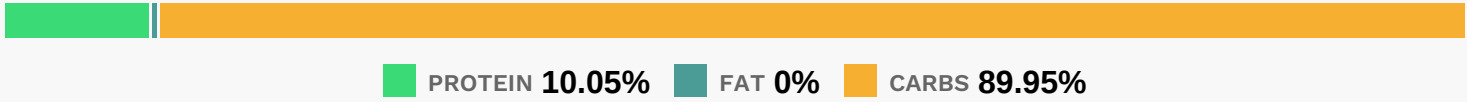
6 ounces porter chilled

Equipment

Directions

- ☐
- In a small, 5-ounce Delmonico glass (the one that holds orange juice at diners), combine rum, sherry, and stout.
- ☐
- Serve immediately.
- ☐
- No shaking or ice needed if ingredients are chilled before mixing.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:0.17434782874973%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 136.98kcal (6.85%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 5.11g (1.7%), Net Carbohydrates: 5.11g (1.86%), Sugar: 0.14g (0.15%), Cholesterol: 0mg (0%), Sodium: 0.99mg (0.04%), Alcohol: 10.93g (100%), Alcohol %: 6.51% (100%), Protein: 0.57g (1.14%), Manganese: 0.02mg (1.08%)