



Up to Date



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



2 min.

SERVINGS



1

CALORIES



173 kcal

BEVERAGE

DRINK

Ingredients

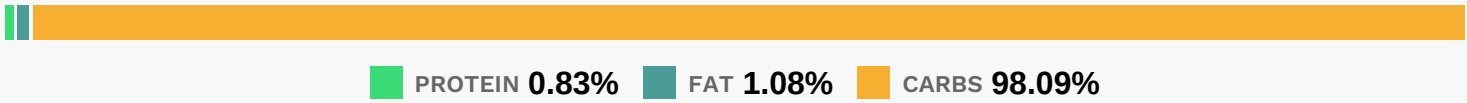
- ☐ 2 dashes angostura bitters
- ☐ 0.3 ounce grand marnier
- ☐ 1.5 ounces irish whiskey
- ☐ 1.5 ounces cooking sherry (see note above)

Equipment

Directions

- ☐
- Add rye, sherry, Grand Marnier and Angostura bitters to a mixing glass. Fill 2/3 full with ice and stir until well chilled, about 20 seconds.
- ☐
- Strain into a chilled cocktail glass and serve.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:0.4604347769333%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 172.53kcal (8.63%), Fat: 0.02g (0.03%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 4.35g (1.45%), Net Carbohydrates: 4.35g (1.58%), Sugar: 2.99g (3.33%), Cholesterol: 0mg (0%), Sodium: 2.69mg (0.12%), Alcohol: 22.43g (100%), Alcohol %: 30.2% (100%), Protein: 0.04g (0.07%), Manganese: 0.05mg (2.72%), Magnesium: 4.47mg (1.12%), Vitamin B6: 0.02mg (1.06%)