

Upgraded Harvey Wallbanger



Gluten Free



Dairy Free



Low Fod Map

READY IN



240 min.

SERVINGS



1

CALORIES



1022 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 ounces galliano
- ☐ 1 cranberry-orange relish
- ☐ 1 cup sugar
- ☐ 1 bag jam such as tea forté mojito marmalade
- ☐ 2.5 ounces freshly tea brewed
- ☐ 0.5 vanilla pod
- ☐ 1 vanilla pod split
- ☐ 1.5 ounces vodka

☐ 1 cup water boiling

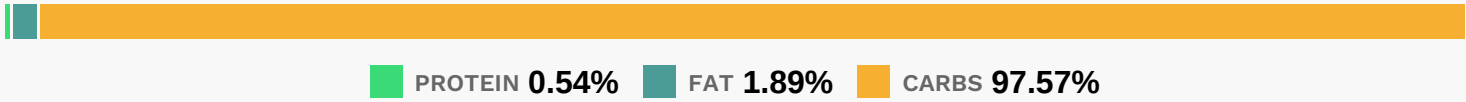
Equipment

☐ sauce pan

Directions

- ☐ Combine sugar and water in a small saucepan and heat over medium heat, stirring constantly, until sugar is dissolved.
- ☐ Remove from heat, add split vanilla bean, cover and let steep 4 hours at room temperature. Strain and bottle. Store syrup in the refrigerator for up to 1 week.
- ☐ For the Tea: Steep tea bag in hot water for 5 minutes.
- ☐ Remove tea bag and allow to cool.
- ☐ For the Cocktail: Peel a long orange zest strip and wrap around the inside of a highball glass. Fill with ice. Fill a mixing glass with ice and add vodka, Galliano, vanilla syrup, lemon juice, and tea. Stir until well chilled, about 20 seconds. Strain into prepared glass and serve.

Nutrition Facts



Properties

Glycemic Index:182.59, Glycemic Load:145.23, Inflammation Score:-7, Nutrition Score:7.8208696064742%

Flavonoids

Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 5.71mg, Epigallocatechin: 5.71mg, Epigallocatechin: 5.71mg, Epigallocatechin: 5.71mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Epicatechin 3-gallate: 4.15mg, Epicatechin 3-gallate: 4.15mg, Epicatechin 3-gallate: 4.15mg, Epicatechin 3-gallate: 4.15mg Epigallocatechin 3-gallate: 6.63mg, Epigallocatechin 3-gallate: 6.63mg, Epigallocatechin 3-gallate: 6.63mg, Epigallocatechin 3-gallate: 6.63mg Theaflavin: 1.12mg, Theaflavin: 1.12mg, Theaflavin: 1.12mg, Theaflavin: 1.12mg Thearubigins: 57.62mg, Thearubigins: 57.62mg, Thearubigins: 57.62mg, Thearubigins: 57.62mg Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg Theaflavin-3,3'-digallate: 1.24mg, Theaflavin-3,3'-

digallate: 1.24mg, Theaflavin-3,3'-digallate: 1.24mg, Theaflavin-3,3'-digallate: 1.24mg Theaflavin-3'-gallate: 1.07mg, Theaflavin-3'-gallate: 1.07mg, Theaflavin-3'-gallate: 1.07mg, Theaflavin-3'-gallate: 1.07mg Gallocatechin: 0.89mg, Gallocatechin: 0.89mg, Gallocatechin: 0.89mg

Nutrients (% of daily need)

Calories: 1021.72kcal (51.09%), Fat: 1.92g (2.96%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 223.11g (74.37%), Net Carbohydrates: 219.96g (79.98%), Sugar: 217.96g (242.18%), Cholesterol: 0mg (0%), Sodium: 16.7mg (0.73%), Alcohol: 20.94g (100%), Alcohol %: 3.73% (100%), Caffeine: 14.17mg (4.72%), Protein: 1.24g (2.47%), Vitamin C: 69.78mg (84.58%), Fiber: 3.15g (12.62%), Folate: 42.95µg (10.74%), Manganese: 0.2mg (9.82%), Vitamin B1: 0.12mg (7.75%), Potassium: 268.53mg (7.67%), Calcium: 61.7mg (6.17%), Copper: 0.12mg (6.16%), Vitamin B2: 0.1mg (6.12%), Vitamin A: 294.75IU (5.89%), Magnesium: 17.63mg (4.41%), Vitamin B6: 0.08mg (3.94%), Vitamin B5: 0.34mg (3.35%), Selenium: 1.88µg (2.68%), Phosphorus: 21.36mg (2.14%), Vitamin B3: 0.37mg (1.85%), Vitamin E: 0.24mg (1.58%), Iron: 0.25mg (1.41%)