



Vagabond Cocktail from West of Pecos

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



5 min.

SERVINGS



1

CALORIES



263 kcal

BEVERAGE

DRINK

Ingredients

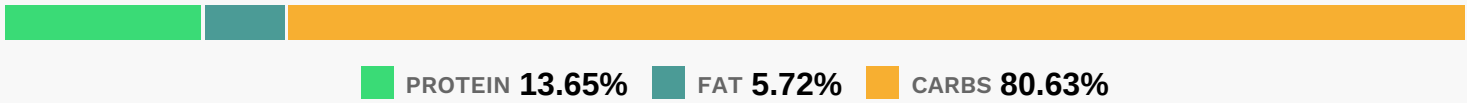
- ☐ 1 serving cranberry-orange relish
- ☐ 3 dashes orange bitters
- ☐ 2 ounces rye flakes
- ☐ 1 ounce mirin

Equipment

Directions

Combine rye, vermouth, absinthe, and bitters in an ice-filled mixing glass. Stir until well-chilled. Strain into an ice-filled rocks glass and garnish with an orange slice.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:3.6, Inflammation Score:-8, Nutrition Score:22.378261110057%

Flavonoids

Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 262.96kcal (13.15%), Fat: 1.64g (2.52%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 52.01g (17.34%), Net Carbohydrates: 37.04g (13.47%), Sugar: 9.37g (10.41%), Cholesterol: 0mg (0%), Sodium: 0.57mg (0.02%), Alcohol: 4.04g (100%), Alcohol %: 2.88% (100%), Protein: 8.8g (17.61%), Manganese: 3.82mg (191.07%), Fiber: 14.97g (59.9%), Vitamin C: 47.88mg (58.04%), Selenium: 29.37µg (41.95%), Magnesium: 149.61mg (37.4%), Phosphorus: 370.94mg (37.09%), Copper: 0.44mg (21.87%), Zinc: 3.24mg (21.59%), Iron: 3.72mg (20.66%), Vitamin B3: 3.37mg (16.86%), Vitamin B1: 0.25mg (16.56%), Potassium: 576.8mg (16.48%), Vitamin B6: 0.28mg (14.04%), Vitamin B2: 0.21mg (12.12%), Vitamin B5: 1.08mg (10.75%), Folate: 35.5µg (8.88%), Calcium: 67.75mg (6.78%), Vitamin E: 0.96mg (6.37%), Vitamin A: 208.74IU (4.17%), Vitamin K: 3.35µg (3.19%)