



Vampire Blues



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



166 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 dashes angostura bitters
- ☐ 1.5 ounces bourbon
- ☐ 1 serving cinnamon sticks for garnish
- ☐ 1 serving ice cubes
- ☐ 0.5 ounce juice of lemon fresh
- ☐ 0.5 ounce cooking sherry
- ☐ 0.5 ounce simple syrup glaze
- ☐ 1 teaspoon frangelico

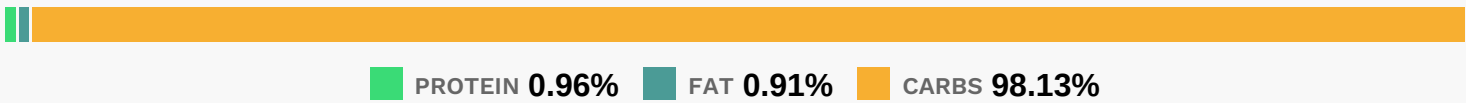
1 teaspoon frangelico

Equipment

Directions

- Add bourbon, sherry, lemon juice, simple syrup, pumpkin butter, and bitters to a cocktail shaker. Fill with ice. Shake well and strain into an ice-filled rocks glass.
- Garnish with cinnamon stick.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:2.1160869617825%

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 Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 2.11mg, Hesperetin: 2.11mg, Hesperetin: 2.11mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 165.56kcal (8.28%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 14.25g (4.75%), Net Carbohydrates: 13.14g (4.78%), Sugar: 11.17g (12.41%), Cholesterol: 0mg (0%), Sodium: 12.5mg (0.54%), Alcohol: 16.56g (100%), Alcohol %: 14.47% (100%), Protein: 0.14g (0.28%), Manganese: 0.38mg (18.76%), Vitamin C: 5.56mg (6.74%), Fiber: 1.1g (4.42%), Iron: 0.74mg (4.13%), Calcium: 25.69mg (2.57%), Vitamin B1: 0.03mg (1.7%), Copper: 0.03mg (1.52%), Magnesium: 5.45mg (1.36%), Potassium: 43.06mg (1.23%)