

Wed Wabbit

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



158 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tsp agave nectar
- 2 oz carrot juice
- 1 serving cherry tomatoes
- 3 slices ginger fresh thin
- 1 Dash worchester sauce
- 1 oz juice of lemon fresh
- 1 slice pepper yellow thin
- 2 oz sacramento tomato juice

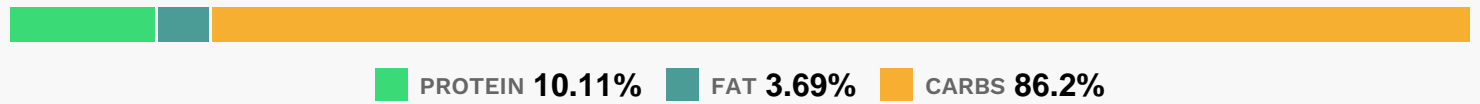
1 oz vodka

Equipment

Directions

- Muddle ginger slices in the bottom of a shaker glass.
- Add a dash of lemon juice to help make it easier to muddle.
- Add all other ingredients. Fill shaker with ice and shake for approximately 5 seconds. Strain into a tall ice-filled glass and garnish with a cherry tomato and yellow pepper.

Nutrition Facts



Properties

Glycemic Index:119.33, Glycemic Load:3.68, Inflammation Score:-10, Nutrition Score:14.988260756368%

Flavonoids

Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg Hesperetin: 4.1mg, Hesperetin: 4.1mg, Hesperetin: 4.1mg, Hesperetin: 4.1mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg, Quercetin: 1.83mg

Nutrients (% of daily need)

Calories: 158.36kcal (7.92%), Fat: 0.42g (0.65%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 22.24g (7.41%), Net Carbohydrates: 20.3g (7.38%), Sugar: 13.66g (15.18%), Cholesterol: 0mg (0%), Sodium: 73.01mg (3.17%), Alcohol: 9.47g (100%), Alcohol %: 3.6% (100%), Protein: 2.61g (5.22%), Vitamin A: 11825.69IU (236.51%), Vitamin C: 63.22mg (76.63%), Potassium: 674.82mg (19.28%), Vitamin B6: 0.34mg (17.17%), Vitamin K: 15.79µg (15.04%), Manganese: 0.29mg (14.37%), Vitamin E: 1.79mg (11.96%), Folate: 41.51µg (10.38%), Vitamin B1: 0.15mg (10.03%), Copper: 0.19mg (9.71%), Iron: 1.58mg (8.8%), Phosphorus: 81.49mg (8.15%), Magnesium: 31.96mg (7.99%), Fiber: 1.94g (7.78%), Vitamin B3: 1.51mg (7.58%), Vitamin B2: 0.1mg (5.95%), Vitamin B5: 0.51mg (5.13%), Calcium: 38.4mg (3.84%), Zinc: 0.43mg (2.88%), Selenium: 1.44µg (2.06%)