

Winy De Puh



Vegetarian



Gluten Free



Dairy Free

READY IN



2880 min.

SERVINGS



1

CALORIES



1365 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 drops cardamom
- ☐ 0.5 ounce honey
- ☐ 1 cup honey
- ☐ 1 serving optional: lemon for garnish
- ☐ 0.8 ounce juice of lemon
- ☐ 1 dash peaches
- ☐ 1.5 ounces tequila
- ☐ 0.5 cup water boiling

☐ 2 ounces cardamom pods whole

Equipment

☐ bowl

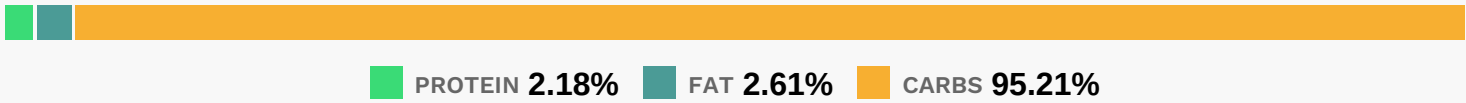
☐ whisk

☐ sieve

Directions

- ☐ Place cardamom and Everclear in a medium bowl.
- ☐ Let rest 2 days. Strain through a sieve, reserving liquid.
- ☐ Place honey and boiling water in a heatproof bowl.
- ☐ Whisk until honey is dissolved.
- ☐ Let cool.
- ☐ Make Cocktail: Fill a cocktail shaker with ice.
- ☐ Add tequila, lemon juice, honey, mezcal, peach bitters, and cardamom tincture. Shake for thirty seconds.
- ☐ Fill an old fashioned glass with two large cubes of ice. Strain cocktail into glass.
- ☐ Garnish with lemon twist.

Nutrition Facts



Properties

Glycemic Index:195.3, Glycemic Load:153.11, Inflammation Score:-6, Nutrition Score:20.168261112969%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin:

0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 1364.67kcal (68.23%), Fat: 4.07g (6.27%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 334.11g (111.37%), Net Carbohydrates: 316.42g (115.06%), Sugar: 290.75g (323.06%), Cholesterol: 0mg (0%), Sodium: 31.7mg (1.38%), Alcohol: 14.2g (100%), Alcohol %: 2.99% (100%), Protein: 7.64g (15.29%), Manganese: 17.01mg (850.56%), Fiber: 17.7g (70.79%), Iron: 9.9mg (55.02%), Magnesium: 146.87mg (36.72%), Zinc: 5.28mg (35.22%), Vitamin C: 26.28mg (31.86%), Calcium: 256.52mg (25.65%), Potassium: 885.31mg (25.29%), Copper: 0.39mg (19.52%), Vitamin B2: 0.25mg (14.67%), Phosphorus: 125.13mg (12.51%), Vitamin B6: 0.24mg (11.91%), Vitamin B1: 0.13mg (8.59%), Vitamin B3: 1.13mg (5.63%), Selenium: 2.9µg (4.14%), Folate: 12.15µg (3.04%), Vitamin B5: 0.28mg (2.83%)