



Winter Sour: My Foodie Collection of Savory Cocktails



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



5 min.

SERVINGS



1

CALORIES



230 kcal

BEVERAGE

DRINK

Ingredients

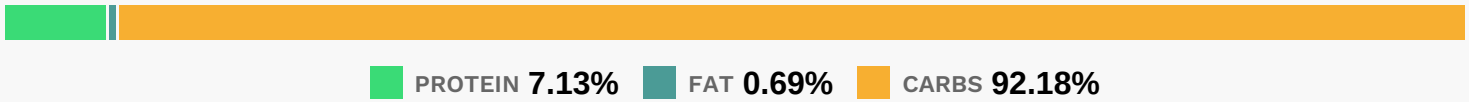
- ☐ 1 ounce campari
- ☐ 1 small egg white
- ☐ 1.5 ounce r honey syrup (warm water and honey in a 1:1 ratio)
- ☐ 1.5 ounce meyer lemon juice

Equipment

Directions

- ☐ In a mixing glass, strip the leaves of 2 inches of rosemary and muddle lightly.
- ☐ Add the Meyer Lemon Juice and egg white and dry shake for 5 seconds.
- ☐ Add the Campari and honey syrup and fill with ice. Shake well for 10 seconds and strain up.
- ☐ Garnish with a few petals of rosemary or a short stem.Like this:Like Loading...

Nutrition Facts



Properties

Glycemic Index:52.27, Glycemic Load:18.27, Inflammation Score:-2, Nutrition Score:2.5878260208537%

Flavonoids

Eriodictyol: 2.08mg, Eriodictyol: 2.08mg, Eriodictyol: 2.08mg, Eriodictyol: 2.08mg Hesperetin: 6.15mg, Hesperetin: 6.15mg, Hesperetin: 6.15mg, Hesperetin: 6.15mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 229.92kcal (11.5%), Fat: 0.15g (0.24%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 45.85g (15.28%), Net Carbohydrates: 45.63g (16.59%), Sugar: 36.2g (40.22%), Cholesterol: 0mg (0%), Sodium: 51.93mg (2.26%), Alcohol: 6.44g (100%), Alcohol %: 5.69% (100%), Protein: 3.55g (7.09%), Vitamin C: 16.67mg (20.21%), Selenium: 6.38µg (9.12%), Vitamin B2: 0.15mg (9.07%), Potassium: 114.81mg (3.28%), Folate: 10.56µg (2.64%), Manganese: 0.04mg (2.12%), Magnesium: 6.7mg (1.68%), Vitamin B6: 0.03mg (1.56%), Copper: 0.03mg (1.45%), Vitamin B5: 0.14mg (1.42%), Iron: 0.24mg (1.31%)