



HEALTH SCORE

100%

Yusho's Two Tribes



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



1

CALORIES



31421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 ounces candy coating disks
- ☐ 0.3 ounce betel nut
- ☐ 0.5 ounce cherries wild
- ☐ 6 ounces coconut sugar
- ☐ 1 pound apricot dried
- ☐ 1 pound peaches dried
- ☐ 1 pound prune- cut to pieces dried
- ☐ 4 dashes fruit

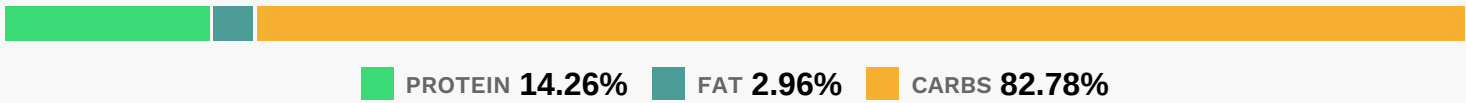
- ☐ 2 gallons highest available proof grain spirit high-proof neutral
- ☐ 1 serving optional: lemon
- ☐ 0.5 ounce orange zest fresh
- ☐ 0.3 ounce simple syrup glaze
- ☐ 0.3 ounce rhubarb chinese
- ☐ 2 ounces rye flakes
- ☐ 6 ounces water

Equipment

Directions

- ☐ To make bitters, co-macerate all bitters ingredients in large glass vessel for 15 days. Strain out and pour liquid into a used American oak barrel. Age contents for six weeks. Strain and bottle.
- ☐ To make palm sugar syrup, bring water to a boil and add sugar. Boil for 5 minutes, stirring to make sure sugar dissolves.
- ☐ Let cool.
- ☐ To make cocktail, add rye, Cardamaro, palm sugar syrup, and bitters into mixing glass with four large ice cubes and stir around 40 times. Strain into 10-ounce rocks glass filled with ice.
- ☐ Garnish with lemon twist.

Nutrition Facts



Properties

Glycemic Index:232.9, Glycemic Load:3151.61, Inflammation Score:-10, Nutrition Score:85.436956654424%

Flavonoids

Cyanidin: 7.5mg, Cyanidin: 7.5mg, Cyanidin: 7.5mg, Cyanidin: 7.5mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg

0.74mg, Epicatechin: 0.74mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg, Quercetin: 8.57mg

Nutrients (% of daily need)

Calories: 31420.86kcal (1571.04%), Fat: 107.39g (165.21%), Saturated Fat: 29.04g (181.52%), Carbohydrates: 6765.69g (2255.23%), Net Carbohydrates: 6178.79g (2246.83%), Sugar: 953.17g (1059.07%), Cholesterol: 0mg (0%), Sodium: 980.2mg (42.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1165.63g (2331.26%), Manganese: 108.4mg (5420.18%), Magnesium: 14076.57mg (3519.14%), Phosphorus: 34333.12mg (3433.31%), Zinc: 460.89mg (3072.62%), Vitamin B3: 553.21mg (2766.03%), Fiber: 586.9g (2347.62%), Copper: 44.73mg (2236.36%), Folate: 7270.45µg (1817.61%), Vitamin B6: 31.75mg (1587.55%), Potassium: 45940.66mg (1312.59%), Vitamin B2: 22.17mg (1304.28%), Iron: 187.31mg (1040.63%), Vitamin B5: 89.09mg (890.93%), Vitamin A: 31235.37IU (624.71%), Vitamin B1: 9.22mg (614.65%), Vitamin E: 85.4mg (569.35%), Vitamin K: 504.91µg (480.87%), Selenium: 254.8µg (364.01%), Calcium: 2235.5mg (223.55%), Vitamin C: 53.66mg (65.05%)