



## Amaretto Sour Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



203 kcal

BEVERAGE

DRINK

### Ingredients

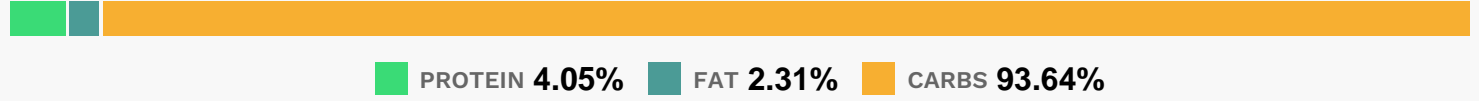
- 1.5 fluid ounces amaretto
- 1 cup ice cubes
- 0.8 fluid ounce juice of lemon
- 1 cranberry-orange relish

### Equipment

### Directions

- Combine amaretto and lemon juice in a cocktail shaker.
- Add ice and shake until chilled. Strain into chilled sour glass.
- Garnish with a slice of orange.

## Nutrition Facts



### Properties

Glycemic Index:42.5, Glycemic Load:5.23, Inflammation Score:-7, Nutrition Score:7.8330433809239%

### Flavonoids

Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg Hesperetin: 38.91mg, Hesperetin: 38.91mg, Hesperetin: 38.91mg, Hesperetin: 38.91mg Naringenin: 20.38mg, Naringenin: 20.38mg, Naringenin: 20.38mg, Naringenin: 20.38mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

### Nutrients (% of daily need)

Calories: 203.06kcal (10.15%), Fat: 0.34g (0.53%), Saturated Fat: 0.08g (0.47%), Carbohydrates: 31.27g (10.42%), Net Carbohydrates: 28.06g (10.2%), Sugar: 27.09g (30.1%), Cholesterol: 0mg (0%), Sodium: 15.6mg (0.68%), Alcohol: 11.53g (100%), Alcohol %: 3.37% (100%), Caffeine: 11.53mg (3.84%), Protein: 1.35g (2.71%), Vitamin C: 78.27mg (94.88%), Fiber: 3.21g (12.84%), Folate: 43.74µg (10.93%), Vitamin B1: 0.12mg (8.07%), Potassium: 273.26mg (7.81%), Calcium: 61.27mg (6.13%), Vitamin A: 296.08IU (5.92%), Copper: 0.12mg (5.9%), Magnesium: 18.13mg (4.53%), Vitamin B6: 0.09mg (4.44%), Vitamin B2: 0.06mg (3.59%), Vitamin B5: 0.36mg (3.57%), Phosphorus: 22.78mg (2.28%), Vitamin B3: 0.45mg (2.27%), Manganese: 0.04mg (2.15%), Vitamin E: 0.27mg (1.79%), Selenium: 0.81µg (1.16%)