



Back Seat Biker Bourbon Iced Tea

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



100 kcal

BEVERAGE

DRINK

Ingredients

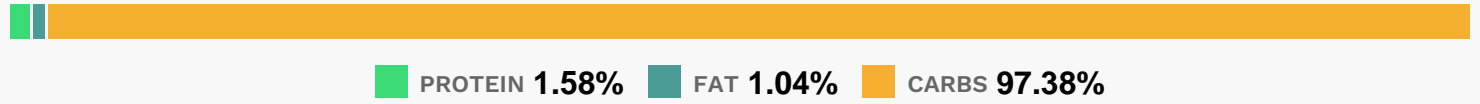
- 30 ml bourbon (recommended: Jim Beam)
- 1 serving splash creme de menthe white
- 1 serving ice cubes
- 60 ml lemonade iced tea (recommended: Snapple)
- 1 serving lemon wheel for garnish
- 1 serving mint sprig for garnish

Equipment

Directions

- Pour bourbon and lemonade iced tea into a collins glass filled with ice.
- Add a splash of creme de menthe and stir.
- Serve garnished with a lemon wheel and a sprig of mint.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:0.82913043819692%

Flavonoids

Eriodictyol: 1.8mg, Eriodictyol: 1.8mg, Eriodictyol: 1.8mg, Eriodictyol: 1.8mg Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 100.08kcal (5%), Fat: 0.03g (0.05%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 6.79g (2.47%), Sugar: 6.35g (7.06%), Cholesterol: 0mg (0%), Sodium: 6mg (0.26%), Alcohol: 10.46g (100%), Alcohol %: 8.54% (100%), Protein: 0.11g (0.23%), Manganese: 0.12mg (5.77%), Vitamin C: 4.03mg (4.88%), Copper: 0.03mg (1.25%), Fiber: 0.28g (1.1%)