



Backroom Mob

 Dairy Free

READY IN



2 min.

SERVINGS



1

CALORIES



190 kcal

BEVERAGE

DRINK

Ingredients

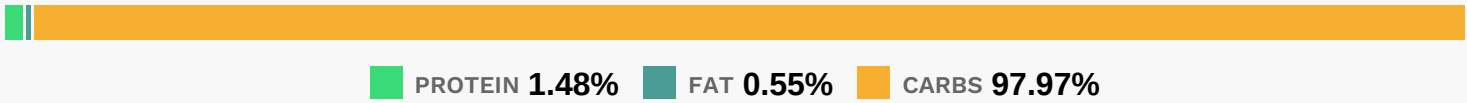
- ☐ 2 ounce bourbon
- ☐ 0.5 ounce st. germain
- ☐ 1 ounce juice of lime freshly squeezed

Equipment

Directions

In a cocktail shaker 2/3 filled with medium ice cubes, combine the mint leaves, bourbon, lime juice and elderflower liqueur. Shake and strain into a snifter, it's fine if bits of mint areincluded.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:0.84782610347737%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 189.56kcal (9.48%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.01%), Carbohydrates: 7.89g (2.63%), Net Carbohydrates: 7.77g (2.83%), Sugar: 5.93g (6.59%), Cholesterol: 0mg (0%), Sodium: 1.13mg (0.05%), Alcohol: 18.94g (100%), Alcohol %: 24.19% (100%), Protein: 0.12g (0.24%), Vitamin C: 8.5mg (10.31%)