



Blood Orange-Bourbon Coolers



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



259 kcal

BEVERAGE

DRINK

Ingredients

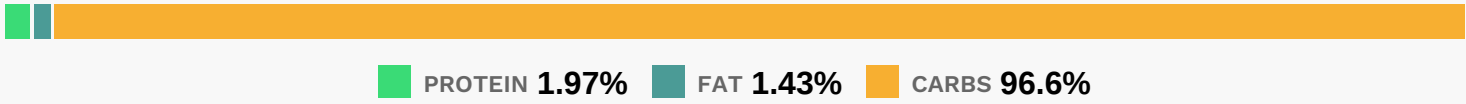
- ☐ 1 slices blood oranges
- ☐ 2 cups blood orange juice
- ☐ 1 cups bourbon
- ☐ 4 cups pink lemonade kool-aid prepared
- ☐ 0.3 cup pomegranate juice

Equipment

Directions

- ☐ Combine first 4 ingredients in an ice-filled pitcher.
- ☐ Pour into ice-filled glasses; add a dash of bitters to each glass, if desired.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:34.8, Glycemic Load:20.81, Inflammation Score:-5, Nutrition Score:4.8913042661936%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 12.62mg, Hesperetin: 12.62mg, Hesperetin: 12.62mg, Hesperetin: 12.62mg Naringenin: 2.55mg, Naringenin: 2.55mg, Naringenin: 2.55mg, Naringenin: 2.55mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 259.32kcal (12.97%), Fat: 0.24g (0.37%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 36.22g (12.07%), Net Carbohydrates: 35.94g (13.07%), Sugar: 32.5g (36.11%), Cholesterol: 0mg (0%), Sodium: 14.56mg (0.63%), Alcohol: 16.03g (100%), Alcohol %: 5.78% (100%), Protein: 0.74g (1.48%), Vitamin C: 51.1mg (61.94%), Folate: 33.59µg (8.4%), Potassium: 231.07mg (6.6%), Vitamin B1: 0.1mg (6.43%), Vitamin A: 204.7IU (4.09%), Magnesium: 12.06mg (3.02%), Copper: 0.06mg (2.88%), Vitamin B6: 0.05mg (2.34%), Vitamin B5: 0.23mg (2.31%), Vitamin B3: 0.44mg (2.2%), Phosphorus: 20.55mg (2.05%), Vitamin B2: 0.03mg (2.04%), Manganese: 0.04mg (1.75%), Calcium: 13.4mg (1.34%), Vitamin K: 1.39µg (1.33%), Iron: 0.23mg (1.29%), Fiber: 0.28g (1.11%)