



WHATSheATe



Bloody Bourbon Cocktail (Blood Orange & Bourbon)



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



171 kcal

BEVERAGE

DRINK

Ingredients

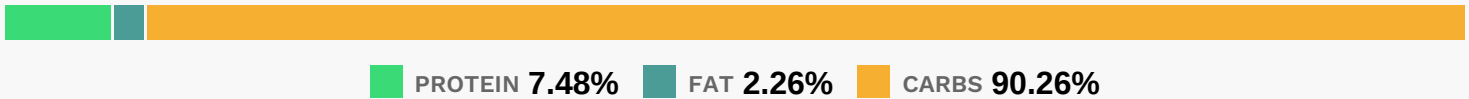
- ☐ 3 cup juice from 12 blood oranges freshly squeezed
- ☐ 2 cup bourbon
- ☐ 8 servings ice cubes whole
- ☐ 8 sprigs mint leaves
- ☐ 1 cup fresca
- ☐ 1 cup fresca

Equipment

Directions

- ☐ For each drink, half fill an 8-ounce glass with ice cubes.
- ☐ Add 6 tablespoons blood orange juice and ¼ cup cup bourbon. Do not stir. Top each glass with 2 tablespoons Fresca.
- ☐ Garnish with blood orange wedge and a sprig of mint.
- ☐ Serve immediately with a swizzle stick.

Nutrition Facts



Properties

Glycemic Index:7.19, Glycemic Load:2.7, Inflammation Score:-5, Nutrition Score:3.846086954293%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 18.5mg, Hesperetin: 18.5mg, Hesperetin: 18.5mg, Hesperetin: 18.5mg Naringenin: 10.34mg, Naringenin: 10.34mg, Naringenin: 10.34mg, Naringenin: 10.34mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 171.02kcal (8.55%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 8.11g (2.7%), Net Carbohydrates: 6.41g (2.33%), Sugar: 6.31g (7.01%), Cholesterol: 0mg (0%), Sodium: 3.71mg (0.16%), Alcohol: 20.04g (100%), Alcohol %: 13.77% (100%), Protein: 0.67g (1.34%), Vitamin C: 36.23mg (43.91%), Fiber: 1.7g (6.8%), Folate: 21.39µg (5.35%), Vitamin B1: 0.06mg (4.21%), Vitamin A: 194.35IU (3.89%), Potassium: 129.07mg (3.69%), Calcium: 31.11mg (3.11%), Copper: 0.06mg (2.76%), Vitamin B6: 0.04mg (2.12%), Magnesium: 8.11mg (2.03%), Manganese: 0.04mg (1.97%), Vitamin B2: 0.03mg (1.89%), Vitamin B5: 0.17mg (1.72%), Phosphorus: 12.58mg (1.26%), Vitamin B3: 0.22mg (1.08%)