



Bourbon and Blood Orange Blast

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



225 kcal

BEVERAGE

DRINK

Ingredients

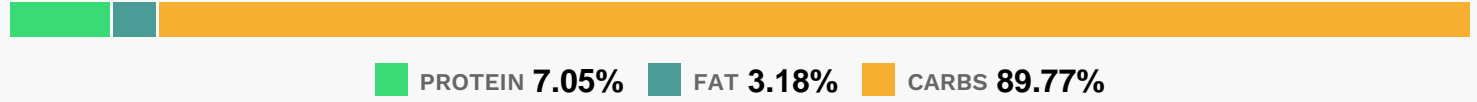
- 0.5 cup blood orange juice
- 1.5 ounces bourbon
- 8 mint leaves fresh for mint
- 1 orange wedge
- 1 serving sugar for garnish

Equipment

Directions

- In a shaker, mix together the bourbon, blood orange juice, and mint leaves.
- Serve over ice in a low glass and garnish with a sprig of mint. Rub the rim of the glass with the orange wedge, then dip the edge in a dish of turbinado sugar (also called sugar in the raw).

Nutrition Facts



Properties

Glycemic Index:109.5, Glycemic Load:11.81, Inflammation Score:-8, Nutrition Score:11.151739032048%

Flavonoids

Eriodictyol: 2.68mg, Eriodictyol: 2.68mg, Eriodictyol: 2.68mg, Eriodictyol: 2.68mg Hesperetin: 51.33mg, Hesperetin: 51.33mg, Hesperetin: 51.33mg, Hesperetin: 51.33mg Naringenin: 22.72mg, Naringenin: 22.72mg, Naringenin: 22.72mg, Naringenin: 22.72mg Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg, Luteolin: 1.26mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 225.19kcal (11.26%), Fat: 0.48g (0.74%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 30.54g (10.18%), Net Carbohydrates: 26.51g (9.64%), Sugar: 23.66g (26.28%), Cholesterol: 0mg (0%), Sodium: 4.18mg (0.18%), Alcohol: 14.2g (100%), Alcohol %: 5.87% (100%), Protein: 2.4g (4.8%), Vitamin C: 134.24mg (162.71%), Folate: 85.62µg (21.41%), Vitamin A: 882.59IU (17.65%), Fiber: 4.03g (16.13%), Vitamin B1: 0.23mg (15.65%), Potassium: 531.77mg (15.19%), Calcium: 85.6mg (8.56%), Magnesium: 33.16mg (8.29%), Manganese: 0.15mg (7.62%), Copper: 0.15mg (7.44%), Vitamin B6: 0.14mg (6.95%), Vitamin B2: 0.11mg (6.62%), Vitamin B5: 0.59mg (5.9%), Vitamin B3: 1.01mg (5.04%), Phosphorus: 46.97mg (4.7%), Iron: 0.81mg (4.48%), Vitamin E: 0.29mg (1.9%), Zinc: 0.26mg (1.73%), Selenium: 0.78µg (1.11%)