



Bourbon and Ginger Cooler



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



157 kcal

BEVERAGE

DRINK

Ingredients



4 cups bourbon



10 cups ginger ale



2 oranges sliced into thin rounds

Equipment

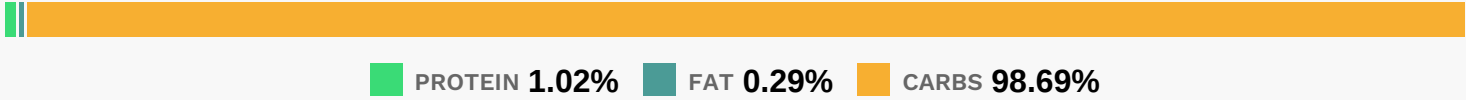


bowl

Directions

- ☐
- Combine the bourbon, ginger ale, and orange slices in a large pitcher or punch bowl.
- ☐
- Serve over ice.

Nutrition Facts



Properties

Glycemic Index:6.03, Glycemic Load:7.04, Inflammation Score:-2, Nutrition Score:0.94869564279266%

Flavonoids

Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 157.16kcal (7.86%), Fat: 0.02g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 11.57g (4.21%), Sugar: 11.73g (13.03%), Cholesterol: 0mg (0%), Sodium: 8.74mg (0.38%), Alcohol: 16.03g (100%), Alcohol %: 11.35% (100%), Protein: 0.12g (0.25%), Vitamin C: 6.97mg (8.45%), Copper: 0.04mg (1.86%), Manganese: 0.03mg (1.36%), Iron: 0.24mg (1.36%), Fiber: 0.31g (1.26%)