



Bourbon-Barrel Coffee

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



156 kcal

BEVERAGE

DRINK

Ingredients

- 0.8 cup bourbon
- 4 servings bourbon syrup
- 3 cups hot-brewed coffee hot brewed
- 4 servings whipped cream

Equipment

Directions

- Place 3 tablespoons bourbon and 2 tablespoons Bourbon Syrup in each of 4 coffee cups. Stir 3/4 cup hot brewed coffee into each mug. Top with whipped cream.

Nutrition Facts

PROTEIN 9.57% **FAT 72.73%** **CARBS 17.7%**

Properties

Glycemic Index:21.25, Glycemic Load:0.41, Inflammation Score:-2, Nutrition Score:1.3395651841293%

Flavonoids

Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg
Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Myricetin: 0.09mg,
Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin:
0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 155.8kcal (7.79%), Fat: 1.37g (2.11%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 0.75g (0.25%), Net Carbohydrates: 0.75g (0.27%), Sugar: 0.48g (0.53%), Cholesterol: 4.56mg (1.52%), Sodium: 4.64mg (0.2%), Alcohol: 20.04g (100%), Alcohol %: 10.42% (100%), Caffeine: 71.1mg (23.7%), Protein: 0.41g (0.81%), Vitamin B2: 0.14mg (8.32%), Vitamin B5: 0.47mg (4.7%), Potassium: 97.12mg (2.77%), Manganese: 0.05mg (2.59%), Vitamin B1: 0.03mg (2.05%), Vitamin B3: 0.35mg (1.76%), Magnesium: 5.99mg (1.5%), Phosphorus: 13.07mg (1.31%)