



Bourbon Cider Sour

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



83 kcal

BEVERAGE

DRINK

Ingredients

- 0.8 cup apple cider
- 0.8 cup bourbon
- 9 servings ice cubes crushed finely
- 0.5 cup orange juice
- 0.3 cup sugar

Equipment

Directions

Stir together first 4 ingredients until sugar dissolves; serve over ice.

Nutrition Facts

 PROTEIN 1.23%  FAT 1.69%  CARBS 97.08%

Properties

Glycemic Index:19.76, Glycemic Load:5.5, Inflammation Score:-1, Nutrition Score:0.80043479954095%

Flavonoids

Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 82.84kcal (4.14%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 9.19g (3.06%), Net Carbohydrates: 9.12g (3.32%), Sugar: 8.59g (9.55%), Cholesterol: 0mg (0%), Sodium: 1.23mg (0.05%), Alcohol: 6.68g (100%), Alcohol %: 14.11% (100%), Protein: 0.12g (0.23%), Vitamin C: 7.07mg (8.56%), Potassium: 47.93mg (1.37%), Vitamin B1: 0.02mg (1.18%), Folate: 4.13µg (1.03%), Manganese: 0.02mg (1.02%)