



## Bourbon Old Fashioned Milk Shake

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



980 kcal

BEVERAGE

DRINK

### Ingredients

- 2 dashes angostura bitters
- 2 ounces bourbon
- 2 maraschino cherries such as luxardo, plus more for garnish
- 0.8 teaspoon orange zest (from 1 medium orange)
- 14 ounce whipped cream

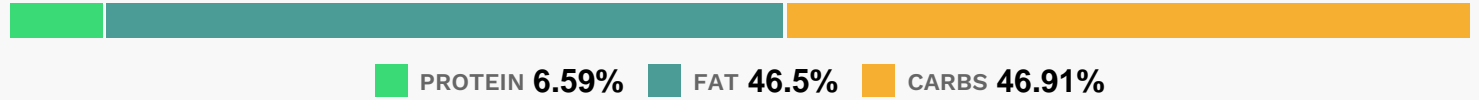
### Equipment

- blender

## Directions

- Place all of the ingredients in a blender. Pulse 8 to 10 times or until mostly smooth.
- Pour into a chilled glass, garnish with a cherry, and serve.

## Nutrition Facts



## Properties

Glycemic Index:76, Glycemic Load:55.44, Inflammation Score:-8, Nutrition Score:16.085217569185%

## Nutrients (% of daily need)

Calories: 980.02kcal (49%), Fat: 43.68g (67.2%), Saturated Fat: 26.95g (168.46%), Carbohydrates: 99.16g (33.05%), Net Carbohydrates: 95.9g (34.87%), Sugar: 88.28g (98.09%), Cholesterol: 174.63mg (58.21%), Sodium: 318.53mg (13.85%), Alcohol: 19.84g (100%), Alcohol %: 5.38% (100%), Protein: 13.94g (27.87%), Vitamin B2: 0.96mg (56.24%), Calcium: 515.84mg (51.58%), Phosphorus: 419.62mg (41.96%), Vitamin A: 1681.72IU (33.63%), Vitamin B12: 1.55µg (25.8%), Vitamin B5: 2.32mg (23.19%), Potassium: 796.23mg (22.75%), Zinc: 2.79mg (18.61%), Magnesium: 56.3mg (14.07%), Fiber: 3.26g (13.03%), Vitamin B1: 0.17mg (11.2%), Selenium: 7.18µg (10.26%), Vitamin B6: 0.19mg (9.71%), Vitamin E: 1.2mg (8%), Copper: 0.12mg (5.94%), Vitamin C: 4.42mg (5.36%), Vitamin D: 0.79µg (5.29%), Folate: 20.29µg (5.07%), Iron: 0.43mg (2.42%), Vitamin B3: 0.48mg (2.41%), Manganese: 0.04mg (2.16%), Vitamin K: 1.34µg (1.28%)