



Bourbon on the Baracks

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



304 kcal

BEVERAGE

DRINK

Ingredients

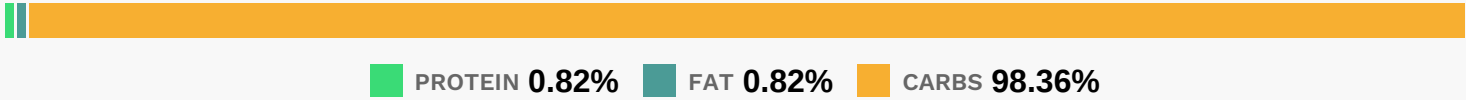
- ☐ 3 dashes angostura bitters
- ☐ 0.5 cup blueberries halved
- ☐ 1 serving bourbon
- ☐ 1 serving club soda
- ☐ 0.3 cup crystallized ginger chopped
- ☐ 1.3 cups ginger ale

Equipment

Directions

- ☐ Place halved blueberries and chopped crystallized ginger in an ice-cube tray.
- ☐ Combine ginger ale and Angostura bitters; pour over blueberries and ginger, and freeze.
- ☐ Place 3 to 4 cubes in an old-fashioned glass, and add a liberal pour of bourbon. Top with club soda.

Nutrition Facts



Properties

Glycemic Index:118, Glycemic Load:19.86, Inflammation Score:-3, Nutrition Score:3.2169565143793%

Flavonoids

Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg, Cyanidin: 6.26mg Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg, Petunidin: 23.33mg Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg, Delphinidin: 26.22mg Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg, Malvidin: 50.02mg Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg, Peonidin: 15.01mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg, Epicatechin: 0.46mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg, Kaempferol: 1.23mg Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg, Myricetin: 0.96mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 303.83kcal (15.19%), Fat: 0.24g (0.38%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 65.53g (21.84%), Net Carbohydrates: 63.75g (23.18%), Sugar: 60.53g (67.25%), Cholesterol: 0mg (0%), Sodium: 27.05mg (1.18%), Alcohol: 6.36g (100%), Alcohol %: 1.91% (100%), Protein: 0.55g (1.1%), Manganese: 0.29mg (14.49%), Vitamin K: 14.28µg (13.6%), Vitamin C: 7.18mg (8.7%), Fiber: 1.78g (7.1%), Copper: 0.1mg (4.92%), Iron: 0.74mg (4.14%), Vitamin E: 0.42mg (2.81%), Vitamin B6: 0.04mg (1.93%), Vitamin B1: 0.03mg (1.89%), Magnesium: 7.4mg (1.85%), Vitamin B2: 0.03mg (1.82%), Zinc: 0.27mg (1.82%), Potassium: 60.25mg (1.72%), Vitamin B3: 0.31mg (1.56%), Calcium: 13.34mg (1.33%), Folate: 4.44µg (1.11%)