



## Bourbon Punch

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



363 kcal

BEVERAGE

DRINK

## Ingredients

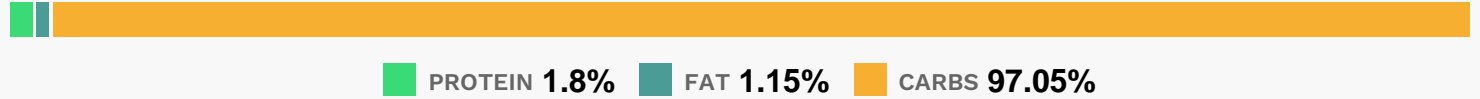
- 2 cups bourbon
- 10 ounce club soda chilled
- 0.5 cup juice of lemon
- 2 liter lemon-lime carbonated beverage chilled
- 6 ounce lemonade concentrate frozen undiluted thawed canned
- 6 ounce orange juice concentrate frozen undiluted thawed canned

## Equipment

## Directions

- Combine first 4 ingredients; chill. Stir in lemon-lime beverage and club soda just before serving.
- Serve over crushed ice.

## Nutrition Facts



## Properties

Glycemic Index:2.14, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:4.3530435335377%

## Flavonoids

Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg Hesperetin: 2.52mg, Hesperetin: 2.52mg, Hesperetin: 2.52mg, Hesperetin: 2.52mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 362.68kcal (18.13%), Fat: 0.27g (0.42%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 51.58g (17.19%), Net Carbohydrates: 51.21g (18.62%), Sugar: 47.51g (52.79%), Cholesterol: 0mg (0%), Sodium: 41.27mg (1.79%), Alcohol: 22.9g (100%), Alcohol %: 6.31% (100%), Caffeine: 42.75mg (14.25%), Protein: 0.95g (1.91%), Vitamin C: 45.16mg (54.74%), Folate: 23.9µg (5.97%), Potassium: 193.32mg (5.52%), Vitamin B1: 0.08mg (5.33%), Vitamin B6: 0.08mg (3.84%), Magnesium: 14.51mg (3.63%), Vitamin B2: 0.05mg (2.82%), Phosphorus: 20.66mg (2.07%), Calcium: 19.71mg (1.97%), Vitamin B5: 0.19mg (1.87%), Vitamin A: 93.14IU (1.86%), Copper: 0.04mg (1.86%), Vitamin B3: 0.36mg (1.8%), Manganese: 0.03mg (1.48%), Fiber: 0.37g (1.47%), Vitamin E: 0.19mg (1.29%), Iron: 0.2mg (1.14%), Zinc: 0.15mg (1.02%)