



Bourbon Smash



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



197 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 basil leaves
- ☐ 0.3 cup bourbon
- ☐ 1 serving ice cubes crushed
- ☐ 1 small lime wedges
- ☐ 6 raspberries fresh thawed
- ☐ 1 tablespoon sugar

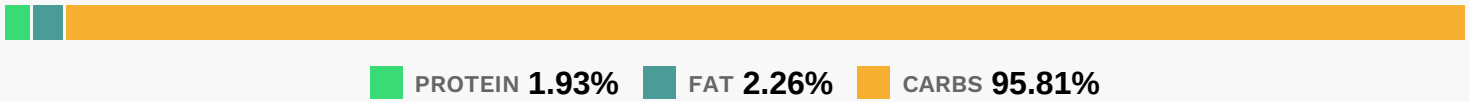
Equipment

- ☐ drinking straws

Directions

- ☐
- Place raspberries, sugar, lime wedge, and mint or basil leaves in a chilled 10-oz. tumbler. Gently press raspberry mixture against sides of cup with a cocktail muddler or back of a spoon to release flavors. Fill glass with crushed ice and bourbon; stir well.
- ☐
- Serve immediately with a cocktail straw.

Nutrition Facts



Properties

Glycemic Index:213.09, Glycemic Load:9, Inflammation Score:-3, Nutrition Score:1.8804347826087%

Flavonoids

Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 196.72kcal (9.84%), Fat: 0.16g (0.25%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 15.3g (5.1%), Net Carbohydrates: 14g (5.09%), Sugar: 12.81g (14.24%), Cholesterol: 0mg (0%), Sodium: 1.3mg (0.06%), Alcohol: 20.04g (100%), Alcohol %: 24.38% (100%), Protein: 0.31g (0.62%), Vitamin C: 8.6mg (10.42%), Vitamin K: 6.02µg (5.74%), Manganese: 0.11mg (5.34%), Fiber: 1.3g (5.21%), Copper: 0.04mg (2.04%), Vitamin A: 76.26IU (1.53%), Iron: 0.26mg (1.44%), Folate: 4.78µg (1.19%), Potassium: 41.46mg (1.18%), Calcium: 11.21mg (1.12%), Magnesium: 4.5mg (1.12%), Vitamin E: 0.15mg (1.02%)