



Bourbon Spiked Lemonade

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



216 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 cups water
- 1 cup sugar
- 1 cup juice of lemon fresh (4 lemons)
- 0.5 cup orange juice fresh (1 orange)
- 0.8 cup bourbon
- 1 slices optional: lemon
- 1 serving mint leaves fresh
- 1 serving seltzer water

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Equipment

sauce pan

wooden spoon

Directions

In 2-quart saucepan, mix water and sugar; heat to a simmer. Simmer about 5 minutes to create a simple syrup. Once sugar is dissolved, let liquid cool.

In large pitcher, combine simple syrup, lemon juice, orange juice and bourbon; stir with wooden spoon.

Add orange slices, lemon slices and mint leaves.

To serve, pour lemonade over ice into cups, filling each half full. Top each with club soda.

Garnish with mint sprigs.

Nutrition Facts

PROTEIN 0.8% **FAT 1.45%** **CARBS 97.75%**

Properties

Glycemic Index:27.1, Glycemic Load:24.39, Inflammation Score:-3, Nutrition Score:2.3817391001984%

Flavonoids

Eriodictyol: 2.37mg, Eriodictyol: 2.37mg, Eriodictyol: 2.37mg, Eriodictyol: 2.37mg Hesperetin: 8.71mg, Hesperetin: 8.71mg, Hesperetin: 8.71mg, Hesperetin: 8.71mg Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 216.45kcal (10.82%), Fat: 0.25g (0.39%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 38.31g (12.77%), Net Carbohydrates: 38.09g (13.85%), Sugar: 36.06g (40.06%), Cholesterol: 0mg (0%), Sodium: 4.37mg (0.19%), Alcohol: 10.02g (100%), Alcohol %: 6.85% (100%), Protein: 0.31g (0.62%), Vitamin C: 26.8mg (32.48%), Folate: 14.84µg (3.71%), Potassium: 88mg (2.51%), Vitamin B1: 0.03mg (2.06%), Copper: 0.04mg (1.76%), Vitamin B6: 0.03mg (1.43%), Magnesium: 5.67mg (1.42%), Vitamin B2: 0.02mg (1.23%), Vitamin A: 58.19IU (1.16%)