



Chamomile, Bourbon, Sherry and Grapefruit Slushito



Vegetarian



Vegan



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



876 kcal

BEVERAGE

DRINK

Ingredients



1 cup bourbon



3 ounces bourbon



4 grapefruit



1 lime peeled



3 ounces juice of lemon fresh (from 3 lemons)



5 ounces karo syrup



5 ounces cooking sherry

- ☐ 2 cups simple syrup glaze (see note above)
- ☐ 1 ginger tea bags

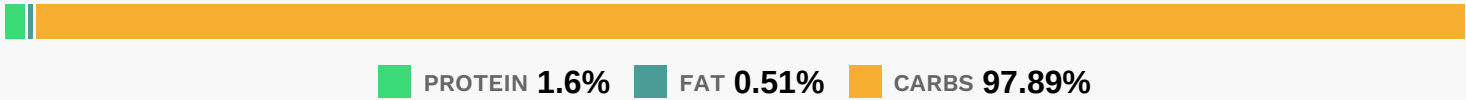
Equipment

- ☐ blender

Directions

- ☐ Mix the grapefruit zest and simple syrup in a sealable container.
- ☐ Let sit overnight in refrigerator. Strain.
- ☐ Cut open tea bag and mix contents with bourbon.
- ☐ Let steep overnight and strain.
- ☐ Combine 5 ounces grapefruit syrup, 3 ounces chamomile bourbon, sherry, lemon juice, and 1 quart ice in the jar of a blender. Blend until ice is completely broken up and the mixture is smooth. Divide between 4 serving glasses.
- ☐ Garnish each with a grapefruit twist.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:5.96, Inflammation Score:-10, Nutrition Score:14.7756521339%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 4.11mg, Hesperetin: 4.11mg, Hesperetin: 4.11mg, Hesperetin: 4.11mg Naringenin: 83.99mg, Naringenin: 83.99mg, Naringenin: 83.99mg, Naringenin: 83.99mg Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 875.79kcal (43.79%), Fat: 0.41g (0.64%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 179.42g (59.81%), Net Carbohydrates: 175.1g (63.67%), Sugar: 163.01g (181.12%), Cholesterol: 0mg (0%), Sodium: 125.78mg (5.47%), Alcohol: 30.79g (100%), Alcohol %: 6.5% (100%), Protein: 2.94g (5.87%), Vitamin C: 90.04mg (109.13%), Vitamin A: 2946.03IU (58.92%), Iron: 6.43mg (35.71%), Vitamin B1: 0.34mg (22.79%), Fiber: 4.32g (17.28%), Potassium: 502.84mg (14.37%), Vitamin B2: 0.19mg (11.38%), Magnesium: 44.93mg (11.23%), Calcium: 108.33mg (10.83%), Folate: 38.08µg (9.52%), Vitamin B6: 0.17mg (8.33%), Vitamin B5: 0.72mg (7.19%), Phosphorus: 71.07mg (7.11%), Copper: 0.14mg (6.94%), Manganese: 0.12mg (5.75%), Zinc: 0.59mg (3.93%), Vitamin B3: 0.76mg (3.82%), Vitamin E: 0.37mg (2.46%), Selenium: 1.5µg (2.15%)