

Chucktown Sunrise



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



107 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

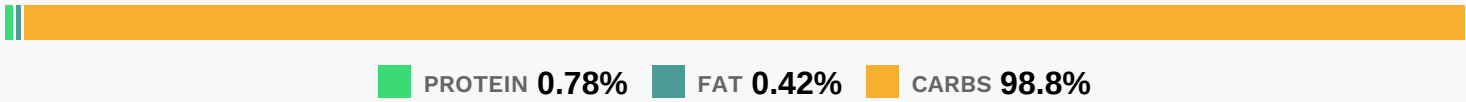
- ☐ 2 tablespoons bourbon
- ☐ 6 tablespoons prepare as
- ☐ 0.3 teaspoon grenadine syrup
- ☐ 10 ounces ice cubes
- ☐ 1 slices lime fresh (garnish)
- ☐ 1.5 teaspoons juice of lime fresh

Equipment

Directions

- ☐ Combine 2 Tbsp. bourbon and 1 1/2 tsp. fresh lime juice in a cocktail shaker; fill with ice. Cover with lid, and shake vigorously until thoroughly chilled (about 30 seconds). Strain into a 10-oz. glass filled with ice. Top with 6 Tbsp. of your favorite ginger ale or ginger beer.
- ☐ Drizzle with 1/4 tsp. grenadine.
- ☐ Garnish with fresh lime slices or wedges.

Nutrition Facts



Properties

Glycemic Index:210, Glycemic Load:6.07, Inflammation Score:-1, Nutrition Score:0.80217390993367%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 3.68mg, Hesperetin: 3.68mg, Hesperetin: 3.68mg, Hesperetin: 3.68mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 107.46kcal (5.37%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.01%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 9.92g (3.61%), Sugar: 8.84g (9.82%), Cholesterol: 0mg (0%), Sodium: 21.38mg (0.93%), Alcohol: 10.02g (100%), Alcohol %: 3.04% (100%), Protein: 0.08g (0.16%), Vitamin C: 4.29mg (5.2%), Copper: 0.07mg (3.73%), Calcium: 14.62mg (1.46%), Iron: 0.22mg (1.23%), Magnesium: 4.8mg (1.2%)