



Classic Sazerac



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



171 kcal

BEVERAGE

DRINK

Ingredients

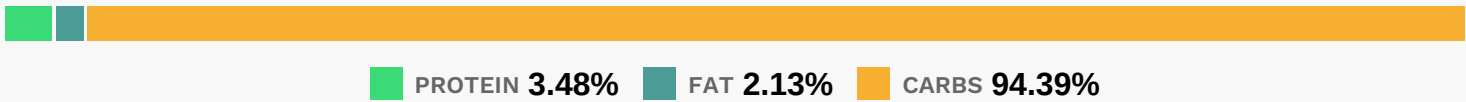
- ☐ 3 dash peychaud's bitters
- ☐ 1 serving lemon twist as garnish
- ☐ 2 ounce rye whiskey
- ☐ 1 teaspoon absinthe

Equipment

Directions

- ☐
- Add the Absinthe (Pernod or Herbsaint) to an old-fashioned glass. Swirl the liquid allowing some to cling to the sides. Discard the rest. Set the glass aside.
- ☐
- Add the Cognac (or rye whiskey) and the Peychaud’s bitters to a cocktail shaker half filled with cracked ice. Cover and shake vigorously. Strain into the prepared glass.
- ☐
- Garnish as you choose with a lemon twist.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:0.397826085515%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 171.21kcal (8.56%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 2.09g (0.7%), Net Carbohydrates: 1.89g (0.69%), Sugar: 0.62g (0.69%), Cholesterol: 0mg (0%), Sodium: 0.19mg (0.01%), Alcohol: 23.66g (100%), Alcohol %: 41.82% (100%), Protein: 0.08g (0.15%), Vitamin C: 3.71mg (4.5%)