



## Classic Whiskey Sour

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



332 kcal

BEVERAGE

DRINK

### Ingredients

- 1 serving ice cubes
- 0.3 cup irish whiskey
- 1 juice of lemon
- 2 tablespoons simple syrup glaze
- 1 maraschino cherries
- 1 cranberry-orange relish

### Equipment

## Directions

- Fill cocktail shaker half full of ice.
- Add whiskey, lemon juice and syrup. Shake until combined.
- Strain mixture into glass filled halfway with ice.
- Garnish with cherries and orange slice.

## Nutrition Facts

**PROTEIN 2.65%** **FAT 1.06%** **CARBS 96.29%**

## Properties

Glycemic Index:57.5, Glycemic Load:5.24, Inflammation Score:-7, Nutrition Score:8.6843479278943%

## Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 40.04mg, Hesperetin: 40.04mg, Hesperetin: 40.04mg, Hesperetin: 40.04mg Naringenin: 20.48mg, Naringenin: 20.48mg, Naringenin: 20.48mg, Naringenin: 20.48mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

## Nutrients (% of daily need)

Calories: 331.52kcal (16.58%), Fat: 0.24g (0.37%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 48.94g (16.31%), Net Carbohydrates: 45.55g (16.56%), Sugar: 44.28g (49.2%), Cholesterol: 0mg (0%), Sodium: 26.5mg (1.15%), Alcohol: 21.24g (100%), Alcohol %: 8.39% (100%), Protein: 1.35g (2.69%), Vitamin C: 81.3mg (98.55%), Fiber: 3.39g (13.58%), Vitamin B1: 0.18mg (11.86%), Folate: 45.3µg (11.32%), Iron: 1.63mg (9.05%), Potassium: 294.85mg (8.42%), Calcium: 63.78mg (6.38%), Vitamin A: 298.8IU (5.98%), Magnesium: 19.66mg (4.91%), Copper: 0.1mg (4.81%), Vitamin B2: 0.08mg (4.79%), Vitamin B6: 0.09mg (4.63%), Vitamin B5: 0.37mg (3.69%), Phosphorus: 25.86mg (2.59%), Vitamin B3: 0.47mg (2.33%), Manganese: 0.04mg (2.08%), Vitamin E: 0.28mg (1.89%), Zinc: 0.21mg (1.42%), Selenium: 0.98µg (1.39%)