



Cran-Bourbon-and-Orange

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



120 kcal

BEVERAGE

DRINK

Ingredients

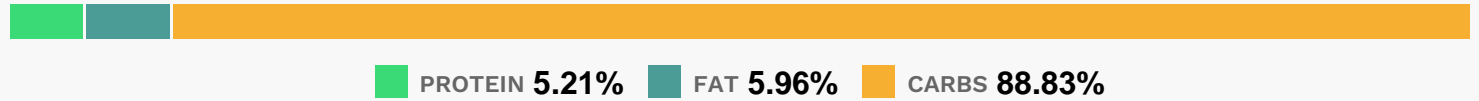
- 3 tablespoons bourbon
- 1 serving club soda
- 1 tablespoon cranberry reduction
- 1 serving ice cubes
- 1 tablespoon orange juice fresh
- 1 serving garnish: rosemary fresh

Equipment

Directions

- Stir together bourbon, Cranberry Reduction, and orange juice in a 10-oz. glass filled with ice cubes. Top with club soda.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:112, Glycemic Load:1.46, Inflammation Score:-4, Nutrition Score:1.5730434806774%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg, Delphinidin: 1.13mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 7.27mg, Peonidin: 7.27mg, Peonidin: 7.27mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg, Epicatechin: 0.65mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 119.71kcal (5.99%), Fat: 0.11g (0.17%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 3.75g (1.25%), Net Carbohydrates: 3.04g (1.11%), Sugar: 2.06g (2.29%), Cholesterol: 0mg (0%), Sodium: 4.19mg (0.18%), Alcohol: 15.03g (100%), Alcohol %: 14.13% (100%), Protein: 0.22g (0.44%), Vitamin C: 10.79mg (13.08%), Manganese: 0.07mg (3.67%), Fiber: 0.71g (2.83%), Copper: 0.04mg (1.86%), Folate: 6.34µg (1.58%), Potassium: 53.43mg (1.53%), Vitamin A: 72.11IU (1.44%), Vitamin E: 0.2mg (1.35%), Vitamin B1: 0.02mg (1.34%), Magnesium: 4.24mg (1.06%)