



Cran-Bourbon Cocktail

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



120 kcal

BEVERAGE

DRINK

Ingredients

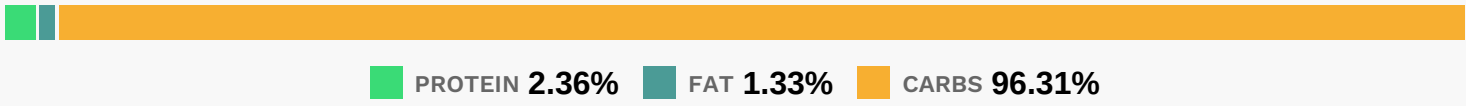
- ☐ 2 tablespoons bourbon
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons cranberry sauce
- ☐ 1 tablespoon cointreau
- ☐ 1 tablespoon cointreau

Equipment

Directions

Place cranberry sauce, bourbon, Cointreau, and lemon juice in a shaker with ice; shake 15 seconds. Strain into a glass.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.84956522091575%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 120.3kcal (6.01%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 13.15g (4.39%), Net Carbohydrates: 12.78g (4.65%), Sugar: 9.92g (11.02%), Cholesterol: 0mg (0%), Sodium: 1.95mg (0.08%), Alcohol: 10.02g (100%), Alcohol %: 16.93% (100%), Protein: 0.32g (0.65%), Vitamin C: 6.11mg (7.4%), Vitamin E: 0.3mg (2.01%), Fiber: 0.38g (1.5%), Manganese: 0.03mg (1.26%)