

Damson Sour



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



3062 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

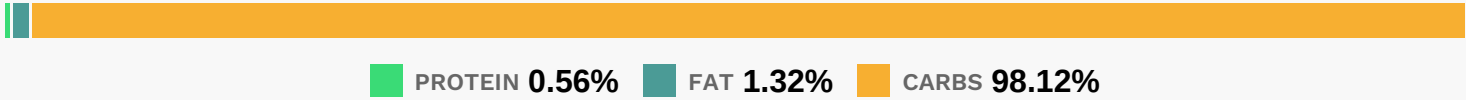
- ☐ 1 quart agave nectar
- ☐ 0.5 ounce agave nectar
- ☐ 1 egg whites
- ☐ 1 ounce hendrick's gin
- ☐ 1 serving ice cubes
- ☐ 0.5 ounce juice of lime
- ☐ 1 pint water

Equipment

Directions

- ☐ For the agave syrup: warm agave nectar with water, stirring frequently, until nectar dissolves.
- ☐ Let cool.
- ☐ Add eggwhite, pisco, Averell, lime, and agave syrup to a cocktail shaker. Froth with wand-frother. Fill with ice. Shake well and strain into wine glass. Top with small dash of arrope.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:109.79, Inflammation Score:-6, Nutrition Score:31.296956697884%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 3062.27kcal (153.11%), Fat: 4.38g (6.74%), Saturated Fat: 0g (0.01%), Carbohydrates: 735.26g (245.09%), Net Carbohydrates: 733.28g (266.65%), Sugar: 653.61g (726.23%), Cholesterol: 0mg (0%), Sodium: 115.25mg (5.01%), Alcohol: 9.47g (100%), Alcohol %: 0.77% (100%), Protein: 4.19g (8.39%), Vitamin K: 216.2µg (205.91%), Vitamin C: 167.54mg (203.08%), Vitamin B6: 2.25mg (112.74%), Vitamin B2: 1.72mg (101.17%), Vitamin B1: 1.18mg (78.55%), Folate: 290.78µg (72.69%), Vitamin E: 9.44mg (62.96%), Vitamin B3: 6.67mg (33.37%), Selenium: 22.34µg (31.92%), Copper: 0.19mg (9.39%), Fiber: 1.98g (7.91%), Iron: 0.91mg (5.07%), Magnesium: 19.33mg (4.83%), Potassium: 104.47mg (2.98%), Calcium: 29.57mg (2.96%), Manganese: 0.06mg (2.95%), Phosphorus: 17.22mg (1.72%), Zinc: 0.18mg (1.2%)