



Fig-and-Bourbon Fizz

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



251 kcal

BEVERAGE

DRINK

Ingredients

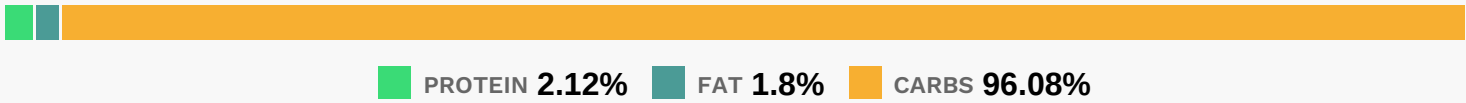
- ☐ 0.3 cup bourbon
- ☐ 1 figs fresh whole ripe
- ☐ 6 mint leaves fresh
- ☐ 0.5 cup ginger ale chilled
- ☐ 1 serving ice cubes
- ☐ 1 serving mint leaves
- ☐ 2 coarsely sugar cubes

Equipment

Directions

- ☐ Muddle fig, mint leaves, and brown sugar cubes against sides of a cocktail shaker. (Fig needs to be fairly broken down.)
- ☐ Add bourbon and enough ice cubes to fill shaker (about 1 cup). Cover with lid, and shake vigorously until thoroughly chilled (about 30 seconds). Strain into a 10-oz. glass filled with ice cubes. Top with chilled ginger ale. Stir gently, and garnish, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:209.09, Glycemic Load:17.07, Inflammation Score:-5, Nutrition Score:3.0752174128657%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 2.16mg, Eriodictyol: 2.16mg, Eriodictyol: 2.16mg, Eriodictyol: 2.16mg Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 251.42kcal (12.57%), Fat: 0.24g (0.37%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 28.95g (9.65%), Net Carbohydrates: 26.94g (9.8%), Sugar: 26.64g (29.6%), Cholesterol: 0mg (0%), Sodium: 14.41mg (0.63%), Alcohol: 20.04g (100%), Alcohol %: 8.49% (100%), Protein: 0.64g (1.28%), Manganese: 0.17mg (8.64%), Fiber: 2.01g (8.04%), Vitamin A: 368.36IU (7.37%), Copper: 0.1mg (5.07%), Potassium: 158.37mg (4.52%), Iron: 0.78mg (4.34%), Calcium: 39.81mg (3.98%), Magnesium: 15.84mg (3.96%), Vitamin C: 3.23mg (3.91%), Vitamin B6: 0.07mg (3.31%), Vitamin B2: 0.05mg (2.8%), Folate: 10.98µg (2.74%), Vitamin B1: 0.04mg (2.62%), Vitamin K: 2.35µg (2.24%), Vitamin B5: 0.17mg (1.74%), Vitamin B3: 0.33mg (1.64%), Zinc: 0.24mg (1.61%), Phosphorus: 14.51mg (1.45%)