



Modern Old-Fashioned Cocktail

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



318 kcal

BEVERAGE

DRINK

Ingredients

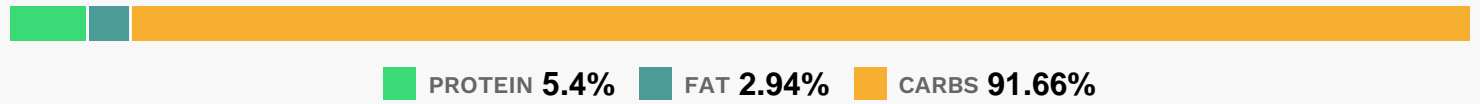
- 2 dashes angostura bitters
- 2 oz bourbon
- 1 serving ice cubes
- 1 serving optional: lemon fresh
- 1 tablespoon maple syrup pure
- 1 serving cranberry-orange relish fresh
- 0.3 peaches fresh ripe coarsely chopped
- 1 serving peaches fresh

Equipment

Directions

- Add extra-large ice cube to lowball or rocks glass.
- Muddle orange slice, lemon slice, chopped peach and maple syrup in cocktail shaker until fruit is broken up.
- Add standard ice cubes, bourbon and bitters to shaker; shake and strain into glass.
- Garnish with peach slice.

Nutrition Facts



Properties

Glycemic Index:200, Glycemic Load:15.12, Inflammation Score:-8, Nutrition Score:11.867391213127%

Flavonoids

Cyanidin: 3.6mg, Cyanidin: 3.6mg, Cyanidin: 3.6mg, Cyanidin: 3.6mg Catechin: 9.23mg, Catechin: 9.23mg, Catechin: 9.23mg, Catechin: 9.23mg Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg Epicatechin: 4.39mg, Epicatechin: 4.39mg, Epicatechin: 4.39mg, Epicatechin: 4.39mg Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 26.48mg, Hesperetin: 26.48mg, Hesperetin: 26.48mg, Hesperetin: 26.48mg Naringenin: 13.83mg, Naringenin: 13.83mg, Naringenin: 13.83mg, Naringenin: 13.83mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 317.57kcal (15.88%), Fat: 0.64g (0.98%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 44.61g (14.87%), Net Carbohydrates: 39.44g (14.34%), Sugar: 36.57g (40.63%), Cholesterol: 0mg (0%), Sodium: 29.68mg (1.29%), Alcohol: 19.84g (100%), Alcohol %: 6% (100%), Protein: 2.63g (5.26%), Vitamin C: 59.28mg (71.85%), Manganese: 0.61mg (30.46%), Vitamin B2: 0.35mg (20.69%), Fiber: 5.17g (20.67%), Vitamin A: 815.29IU (16.31%), Potassium: 447.44mg (12.78%), Copper: 0.21mg (10.51%), Vitamin E: 1.54mg (10.27%), Folate: 39.02µg (9.76%), Vitamin B1: 0.14mg (9.51%), Vitamin B3: 1.8mg (8.98%), Magnesium: 29.32mg (7.33%), Calcium: 68.8mg (6.88%), Selenium: 4.42µg (6.31%), Phosphorus: 57.24mg (5.72%), Vitamin K: 5.63µg (5.36%), Vitamin B6: 0.11mg (5.35%), Vitamin B5:

0.53mg (5.25%), Iron: 0.81mg (4.52%), Zinc: 0.67mg (4.44%)