



Grand Old Fashioned



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

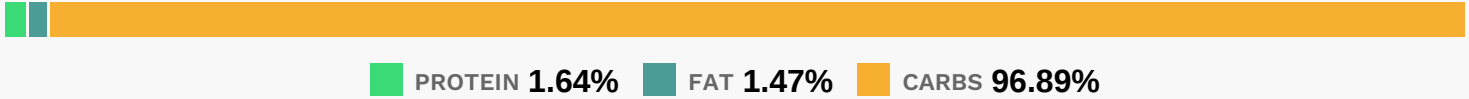
- ☐ 2 dashes peychaud's bitters
- ☐ 3 tablespoons bourbon
- ☐ 2 teaspoons little demerara sugar
- ☐ 1 serving ice cubes
- ☐ 1 strip orange rind (2-inch)
- ☐ 1 serving seltzer water chilled
- ☐ 2 strawberries chopped

Equipment

Directions

 Muddle strawberries, orange rind strip, Demerara sugar, and Peychaud's bitters against sides of an old-fashioned glass. Fill with ice, and add bourbon; stir until blended. Top with a conservative splash of chilled seltzer water.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:0.55, Inflammation Score:-2, Nutrition Score:1.8021738892016%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 155.01kcal (7.75%), Fat: 0.08g (0.12%), Saturated Fat: 0g (0.03%), Carbohydrates: 11.25g (3.75%), Net Carbohydrates: 10.56g (3.84%), Sugar: 9.37g (10.41%), Cholesterol: 0mg (0%), Sodium: 4mg (0.17%), Alcohol: 15.93g (100%), Alcohol %: 14.63% (100%), Protein: 0.19g (0.38%), Vitamin C: 16.83mg (20.4%), Manganese: 0.1mg (5.22%), Fiber: 0.69g (2.77%), Copper: 0.03mg (1.63%), Folate: 6.36µg (1.59%), Potassium: 44.2mg (1.26%), Magnesium: 4.29mg (1.07%)