



Honey Bourbon Cocktail



Vegetarian



Dairy Free

READY IN



8 min.

SERVINGS



1

CALORIES



173 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 oz juice of lemon
- ☐ 2 oz bourbon
- ☐ 1.5 teaspoons honey
- ☐ 1 serving twist and ends together to make a rough knob. cover

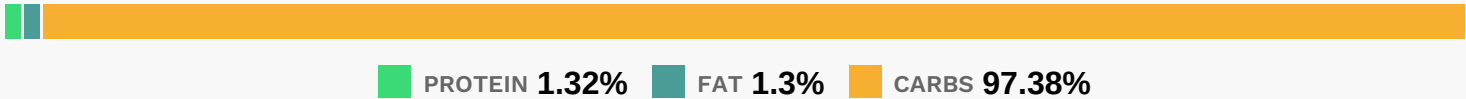
Equipment

- ☐ sauce pan

Directions

- ☐ In 1-quart saucepan, heat lemon juice to boiling.
- ☐ In heat-resistant glass, pour lemon juice, bourbon and honey; stir.
- ☐ Garnish with lemon twist.

Nutrition Facts



Properties

Glycemic Index:67.27, Glycemic Load:4.51, Inflammation Score:-2, Nutrition Score:1.0321738991239%

Flavonoids

Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg Hesperetin: 4.1mg, Hesperetin: 4.1mg, Hesperetin: 4.1mg, Hesperetin: 4.1mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 172.63kcal (8.63%), Fat: 0.07g (0.1%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 11.35g (4.13%), Sugar: 9.73g (10.82%), Cholesterol: 0mg (0%), Sodium: 1.77mg (0.08%), Alcohol: 18.94g (100%), Alcohol %: 24.86% (100%), Protein: 0.16g (0.31%), Vitamin C: 11.02mg (13.36%), Folate: 5.88µg (1.47%), Manganese: 0.02mg (1.1%), Potassium: 35.79mg (1.02%), Copper: 0.02mg (1.01%)