



Kentucky Mimososa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



13 min.

SERVINGS



13

CALORIES



41 kcal

SIDE DISH

Ingredients

- 1.3 cups club soda
- 6 large sage leaves fresh
- 0.3 cup orange juice
- 1 cup orange juice
- 0.5 cup sugar

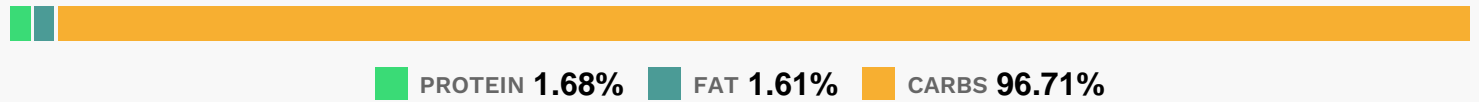
Equipment

- sauce pan

Directions

- Stir together sugar and 1/2 cup water in a small saucepan over medium heat. Bring to a light boil, and cook, stirring occasionally, 3 minutes or until sugar is dissolved.
- Remove from heat; add sage leaves, and let stand 5 minutes.
- Remove and discard leaves.
- Stir together syrup, club soda, orange juice, and bourbon in a large pitcher; add ice cubes to fill.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.39, Glycemic Load:6.72, Inflammation Score:-1, Nutrition Score:1.2934782623273%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 3.04mg, Hesperetin: 3.04mg, Hesperetin: 3.04mg, Hesperetin: 3.04mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 41.09kcal (2.05%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 10.31g (3.44%), Net Carbohydrates: 10.26g (3.73%), Sugar: 9.81g (10.9%), Cholesterol: 0mg (0%), Sodium: 5.11mg (0.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.36%), Vitamin C: 12.72mg (15.42%), Copper: 0.07mg (3.49%), Folate: 7.63µg (1.91%), Vitamin B1: 0.02mg (1.53%), Potassium: 51.56mg (1.47%), Vitamin A: 50.87IU (1.02%)