



Lemon Pisco Sour



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



2 min.

SERVINGS



1

CALORIES



53 kcal

SIDE DISH

Ingredients



1 serving ice cubes



1 fluid ounce juice of lemon fresh



1 tablespoon sugar white to taste



2 fluid ounces pisco



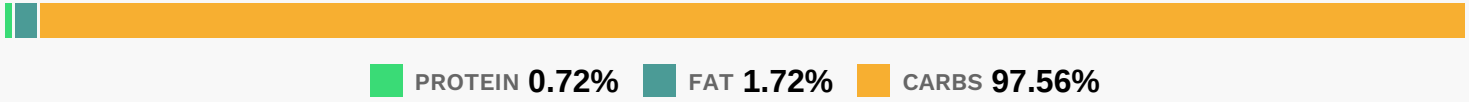
2 fluid ounces pisco

Equipment

Directions

- ☐ In a small cup, dissolve the sugar in the lemon juice.
- ☐ Pour the lemon juice and sugar and Pisco into a cocktail shaker.
- ☐ Add ice, cover and shake until the outside is frosty, about 30 seconds. Strain into a cocktail glass and serve.

Nutrition Facts



Properties

Glycemic Index:70.09, Glycemic Load:8.38, Inflammation Score:-1, Nutrition Score:0.93695651804623%

Flavonoids

Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 4.28mg, Hesperetin: 4.28mg, Hesperetin: 4.28mg, Hesperetin: 4.28mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 52.71kcal (2.64%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 13.99g (4.66%), Net Carbohydrates: 13.9g (5.06%), Sugar: 12.72g (14.13%), Cholesterol: 0mg (0%), Sodium: 3.22mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.21%), Vitamin C: 11.44mg (13.87%), Folate: 5.91µg (1.48%)