



Maple-Bourbon Sour

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



161 kcal

Ingredients

- 6 tablespoons bourbon
- 0.5 cup ice cubes
- 2 tablespoons juice of lemon fresh
- 2 tablespoons maple syrup

Equipment

Directions

- Combine bourbon, maple syrup, and fresh lemon juice, stirring well.

Pour mixture into a cocktail shaker filled with 1/2 cup ice. Cover and shake. Strain mixture; divide evenly between two glasses.

Serve over ice, if desired.

Nutrition Facts

PROTEIN 0.36% **FAT 0.55%** **CARBS 99.09%**

Properties

Glycemic Index:25.75, Glycemic Load:4.92, Inflammation Score:0, Nutrition Score:2.491739143172%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 161.25kcal (8.06%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 14.51g (4.84%), Net Carbohydrates: 14.47g (5.26%), Sugar: 12.36g (13.74%), Cholesterol: 0mg (0%), Sodium: 5.36mg (0.23%), Alcohol: 15.03g (100%), Alcohol %: 13.69% (100%), Protein: 0.05g (0.1%), Manganese: 0.47mg (23.5%), Vitamin B2: 0.26mg (15.18%), Vitamin C: 5.8mg (7.04%), Calcium: 24.47mg (2.45%), Potassium: 61.35mg (1.75%), Magnesium: 5.69mg (1.42%), Vitamin B1: 0.02mg (1.3%), Zinc: 0.17mg (1.14%), Copper: 0.02mg (1.07%)