



Marmalade Sours



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



149 kcal

CONDIMENT

DIP

SPREAD

Ingredients



6 servings ice cubes



3 tablespoons juice of lemon



6 tablespoons orange marmalade



1 cup irish whiskey

Equipment

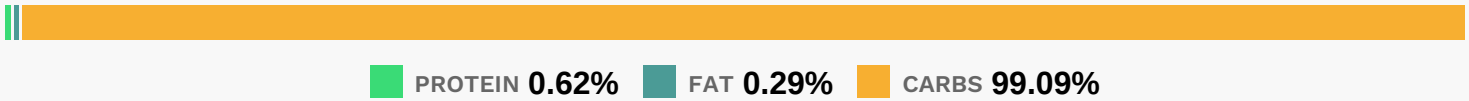


measuring cup

Directions

- ☐ In a pitcher or 2-pint measuring cup, dissolve orange marmalade in 3/4 cup hot water. Stir in bourbon and lemon juice. Fill six 8- to 12-oz. glasses with ice and pour 1/3 to 1/2 cup cocktail mixture into each glass, making sure each serving gets some of the orange peel that settles at the bottom of the mixture.
- ☐ Serve marmalade sours immediately.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:0.55260868564896%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 149.18kcal (7.46%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 13.82g (4.61%), Net Carbohydrates: 13.65g (4.97%), Sugar: 12.23g (13.59%), Cholesterol: 0mg (0%), Sodium: 14.07mg (0.61%), Alcohol: 14.16g (100%), Alcohol %: 14.61% (100%), Protein: 0.09g (0.17%), Vitamin C: 3.86mg (4.68%), Copper: 0.03mg (1.68%)