



Montana Sky

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



181 kcal

BEVERAGE

DRINK

Ingredients

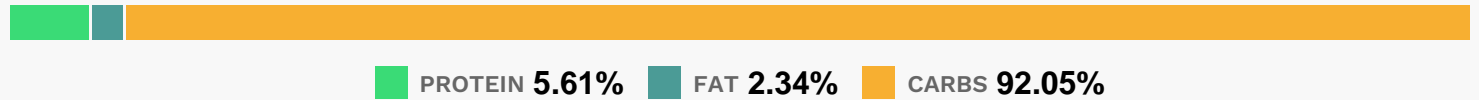
- 1 dash angostura bitters
- 1 ounce bourbon
- 1 serving brandied cherries (if desired)
- 1 serving ice cubes
- 0.5 ounce tawny port

Equipment

Directions

- Combine 1 ounce bourbon, 1/2 ounce tawny port, and 1 dash Angostura bitters over ice in a small glass. Stir to combine, and garnish with brandied cherries, if desired.
- Cocktail Tip Sidestep the extra calories by making cocktails with fresh fruit juices and calorie-free beverages rather than mixes, which are loaded with sugar.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:4.28, Inflammation Score:-4, Nutrition Score:3.3752174238148%

Flavonoids

Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg Petunidin: 0.94mg, Petunidin: 0.94mg, Petunidin: 0.94mg, Petunidin: 0.94mg Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg Malvidin: 13.44mg, Malvidin: 13.44mg, Malvidin: 13.44mg, Malvidin: 13.44mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.66mg, Peonidin: 2.66mg, Peonidin: 2.66mg, Peonidin: 2.66mg Catechin: 7.5mg, Catechin: 7.5mg, Catechin: 7.5mg, Catechin: 7.5mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 8.07mg, Epicatechin: 8.07mg, Epicatechin: 8.07mg, Epicatechin: 8.07mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

Nutrients (% of daily need)

Calories: 181.13kcal (9.06%), Fat: 0.28g (0.43%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 24.8g (8.27%), Net Carbohydrates: 21.86g (7.95%), Sugar: 19.15g (21.28%), Cholesterol: 0mg (0%), Sodium: 4.36mg (0.19%), Alcohol: 12.09g (100%), Alcohol %: 6.4% (100%), Protein: 1.51g (3.02%), Vitamin C: 9.8mg (11.88%), Fiber: 2.94g (11.76%), Potassium: 324.41mg (9.27%), Manganese: 0.12mg (6%), Copper: 0.11mg (5.26%), Magnesium: 17.24mg (4.31%), Vitamin B6: 0.07mg (3.44%), Phosphorus: 31.81mg (3.18%), Iron: 0.55mg (3.05%), Vitamin B2: 0.05mg (2.93%), Vitamin B5: 0.28mg (2.83%), Vitamin B1: 0.04mg (2.8%), Vitamin K: 2.94µg (2.8%), Calcium: 21.01mg (2.1%), Vitamin A: 89.6IU (1.79%), Folate: 5.6µg (1.4%), Vitamin B3: 0.25mg (1.25%)