



Muddle of the Road

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



174 kcal

BEVERAGE

DRINK

Ingredients

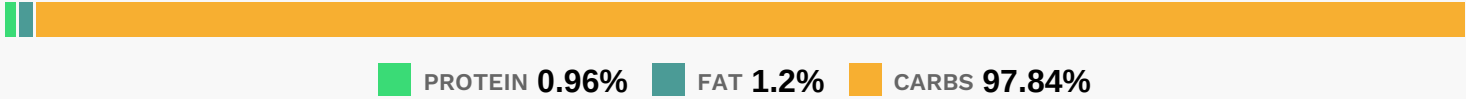
- ☐ 1 serving peychaud's bitters
- ☐ 3 tablespoons bourbon
- ☐ 4 mint leaves fresh
- ☐ 1 serving ginger ale
- ☐ 3 slices lime
- ☐ 4 coarsely sugar cubes

Equipment

Directions

 Muddle lime slices, fresh mint leaves, sugar cubes, and 2 dashes Peychauds bitters against sides of an old-fashioned glass. Fill with ice; add bourbon, and top with ginger ale. Gently stir, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:180.09, Glycemic Load:11.3, Inflammation Score:-3, Nutrition Score:0.89565217025254%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 1.7mg, Hesperetin: 1.7mg, Hesperetin: 1.7mg, Hesperetin: 1.7mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 174.35kcal (8.72%), Fat: 0.09g (0.15%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 17.39g (5.8%), Net Carbohydrates: 16.99g (6.18%), Sugar: 16.24g (18.04%), Cholesterol: 0mg (0%), Sodium: 1.98mg (0.09%), Alcohol: 15.48g (100%), Alcohol %: 28.03% (100%), Protein: 0.17g (0.34%), Vitamin A: 171.42IU (3.43%), Manganese: 0.06mg (2.81%), Vitamin C: 2.14mg (2.6%), Fiber: 0.4g (1.62%), Iron: 0.25mg (1.38%), Copper: 0.03mg (1.29%), Folate: 4.8µg (1.2%), Calcium: 10.9mg (1.09%)