



My Go-To Old Fashioned



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



229 kcal

BEVERAGE

DRINK

Ingredients

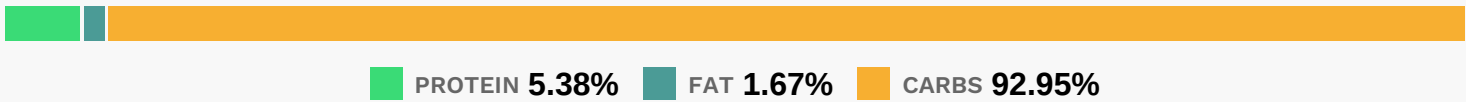
- ☐ 2 drops angostura bitters
- ☐ 1 serving bourbon
- ☐ 1.5 oz bourbon
- ☐ 1 serving ice cubes
- ☐ 1 cranberry-orange relish fresh
- ☐ 2 drops orange bitters
- ☐ 1 to 2 brown sugar cubes

Equipment

Directions

- ☐ Place brown sugar cubes on a cocktail napkin.
- ☐ Sprinkle orange bitters and Angostura bitters over sugar cubes. (Napkin will soak up excess bitters.)
- ☐ Transfer cubes to a 10-oz. old-fashioned glass.
- ☐ Add orange slice and a few drops bourbon to glass. Mash sugar cubes and orange slice, using a muddler, until sugar is almost dissolved. (Avoid mashing the rind; doing so will release a bitter flavor.)
- ☐ Add 1 1/2 to 2 oz. bourbon, and fill glass with ice cubes. Stir until well chilled.
- ☐ Add more bourbon, if desired.

Nutrition Facts



Properties

Glycemic Index:142.59, Glycemic Load:8.03, Inflammation Score:-7, Nutrition Score:7.0026088253311%

Flavonoids

Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 228.89kcal (11.44%), Fat: 0.17g (0.26%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 21.28g (7.09%), Net Carbohydrates: 18.14g (6.6%), Sugar: 16.76g (18.62%), Cholesterol: 0mg (0%), Sodium: 3.42mg (0.15%), Alcohol: 21.01g (100%), Alcohol %: 10.55% (100%), Protein: 1.23g (2.46%), Vitamin C: 69.69mg (84.48%), Fiber: 3.14g (12.58%), Folate: 39.3µg (9.82%), Vitamin B1: 0.12mg (7.83%), Potassium: 238.34mg (6.81%), Vitamin A: 294.75IU (5.89%), Calcium: 54.12mg (5.41%), Copper: 0.08mg (4.01%), Vitamin B6: 0.08mg (3.96%), Magnesium: 13.66mg (3.42%), Vitamin B5: 0.33mg (3.28%), Vitamin B2: 0.06mg (3.26%), Manganese: 0.04mg (2.16%), Phosphorus: 20.64mg (2.06%), Vitamin B3: 0.38mg (1.88%), Vitamin E: 0.24mg (1.57%)