

New York Sour



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

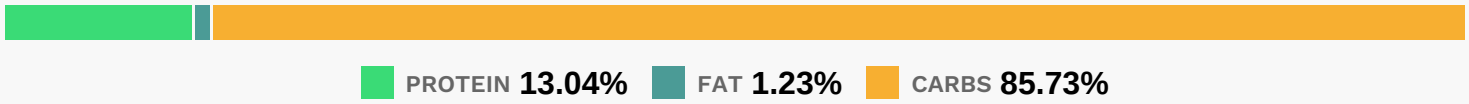
- ☐ 1 large egg whites
- ☐ 1 ounce red wine
- ☐ 1.5 ounces juice of lemon fresh
- ☐ 4 ounces irish whiskey
- ☐ 1 ounce simple syrup glaze

Equipment

Directions

☐ Shake egg white, whiskey, lemon juice, and simple syrup in a cocktail shaker until frothy, about 1 minute. Fill shaker with ice and shake until outside is frosty, about 30 seconds. Strain into 2 coupe glasses. Gently pour 1/2 ounce wine over the back of a spoon held just above each drink's surface so wine floats on top.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:1.6456521737349%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 1.96mg, Malvidin: 1.96mg, Malvidin: 1.96mg, Malvidin: 1.96mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 3.17mg, Hesperetin: 3.17mg, Hesperetin: 3.17mg, Hesperetin: 3.17mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 205.18kcal (10.26%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 12.38g (4.13%), Net Carbohydrates: 12.32g (4.48%), Sugar: 11.17g (12.41%), Cholesterol: 0mg (0%), Sodium: 36.39mg (1.58%), Alcohol: 21.91g (100%), Alcohol %: 22.62% (100%), Protein: 1.88g (3.77%), Vitamin C: 8.23mg (9.97%), Vitamin B2: 0.09mg (5.24%), Selenium: 3.45µg (4.93%), Iron: 0.62mg (3.43%), Potassium: 76.29mg (2.18%), Vitamin B1: 0.03mg (1.96%), Magnesium: 6.21mg (1.55%), Manganese: 0.03mg (1.38%), Folate: 5.05µg (1.26%), Phosphorus: 10.27mg (1.03%)