



Ingredients

1 Dash angostura bitters

2.5 ounces irish whiskey

0.3 ounce seltzer water
1 cup ice cubes
0.5 inch lemon zest
0.5 inch orange zest
1 cubes irish oats
1 coarsely sugar cubes raw such as turbinado or demerara (preferably rough-cut and unbleached*)

Equipment

Directions

In chilled cocktail shaker or pint glass, pour club soda over sugar cube. Using muddler or back of large spoon, gently crush sugar cube. Swirl glass until sugar dissolves, 20 to 30 seconds.
Add bitters, whiskey, and ice, and stir until well chilled, about 20 seconds. Strain into chilled double old-fashioned glass. Squeeze orange and lemon peels over glass, making sure oils fall into glass; discard peels and serve.

Nutrition Facts

PROTEIN 3.25% 📕 FAT 3.29% 📒 CARBS 93.46%

Properties

Glycemic Index:142.09, Glycemic Load:3.12, Inflammation Score:-3, Nutrition Score:0.57478260022143%

Nutrients (% of daily need)

Calories: 203.03kcal (10.15%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 5.32g (1.93%), Sugar: 4.25g (4.72%), Cholesterol: Omg (0%), Sodium: 13.47mg (0.59%), Alcohol: 25.96g (100%), Alcohol %: 10.19% (100%), Protein: 0.2g (0.4%), Vitamin C: 3.37mg (4.08%), Copper: 0.05mg (2.54%), Fiber: 0.38g (1.52%), Calcium: 11.74mg (1.17%)