

Old Fashioned



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



203 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 Dash angostura bitters



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*)



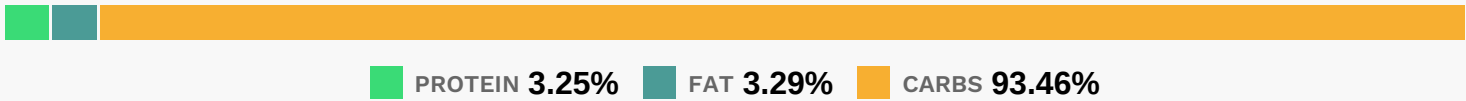
2.5 ounces irish whiskey

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



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: 0mg (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%)