



Old Fashioned Cocktail



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



246 kcal

BEVERAGE

DRINK

Ingredients

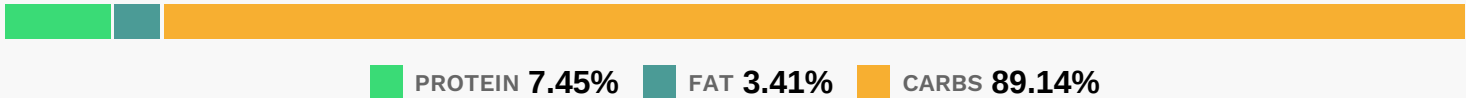
- ☐ 1 dash angostura bitters
- ☐ 1 serving ice cubes
- ☐ 1 lemon twist
- ☐ 1 maraschino cherry for garnish
- ☐ 1 cranberry-orange relish for garnish
- ☐ 1 serving sugar cube
- ☐ 1 teaspoon water
- ☐ 2 fluid ounces irish whiskey rye or bourbon

Equipment

Directions

- ☐ Muddle sugar cube, water, and bitters in an old fashioned glass for 1 minute.
- ☐ Pour in whiskey and stir for an additional minute. Squeeze the lemon twist over the glass and drop it in.
- ☐ Add ice cubes.
- ☐ Garnish with a slice of orange and a maraschino cherry; serve with a swizzle stick.

Nutrition Facts



Properties

Glycemic Index:153.09, Glycemic Load:7.73, Inflammation Score:-8, Nutrition Score:9.7969565213374%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 65.83mg, Hesperetin: 65.83mg, Hesperetin: 65.83mg, Hesperetin: 65.83mg Naringenin: 20.66mg, Naringenin: 20.66mg, Naringenin: 20.66mg, Naringenin: 20.66mg Luteolin: 2.3mg, Luteolin: 2.3mg, Luteolin: 2.3mg, Luteolin: 2.3mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 246.36kcal (12.32%), Fat: 0.49g (0.76%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 29.08g (9.69%), Net Carbohydrates: 22.75g (8.27%), Sugar: 18.02g (20.02%), Cholesterol: 0mg (0%), Sodium: 6.01mg (0.26%), Alcohol: 20.2g (100%), Alcohol %: 6.99% (100%), Protein: 2.43g (4.86%), Vitamin C: 126.93mg (153.86%), Fiber: 6.33g (25.31%), Folate: 51.18µg (12.8%), Potassium: 388.4mg (11.1%), Vitamin B1: 0.16mg (10.71%), Calcium: 85.02mg (8.5%), Vitamin B6: 0.17mg (8.29%), Vitamin A: 320.76IU (6.42%), Copper: 0.13mg (6.42%), Magnesium: 22.55mg (5.64%), Vitamin B5: 0.54mg (5.35%), Iron: 0.82mg (4.58%), Vitamin B2: 0.08mg (4.5%), Manganese: 0.08mg (3.82%), Phosphorus: 38.14mg (3.81%), Vitamin E: 0.4mg (2.67%), Vitamin B3: 0.49mg (2.43%), Selenium: 1.1µg (1.58%), Zinc: 0.2mg (1.33%)