



Old Fashioned Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



233 kcal

BEVERAGE

DRINK

Ingredients

- 2 oz irish whiskey
- 1 teaspoon simple syrup glaze
- 1 teaspoon water
- 0.1 teaspoon angostura bitters
- 1 serving ice cubes
- 1 cranberry-orange relish
- 1 maraschino cherries with stem

Equipment

Directions

- In lowball glass, mix whiskey, simple syrup, water and bitters.
- Add ice to fill glass.
- Garnish with orange slice and cherry.

Nutrition Facts



PROTEIN 5.04% **FAT 1.53%** **CARBS 93.43%**

Properties

Glycemic Index:57.5, Glycemic Load:5.24, Inflammation Score:-7, Nutrition Score:7.1778262468136%

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: 233.37kcal (11.67%), Fat: 0.17g (0.26%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 19.72g (7.17%), Sugar: 19.45g (21.61%), Cholesterol: 0mg (0%), Sodium: 7.31mg (0.32%), Alcohol: 20.69g (100%), Alcohol %: 10.04% (100%), Protein: 1.24g (2.48%), Vitamin C: 69.69mg (84.48%), Fiber: 3.3g (13.22%), Folate: 39.3µg (9.82%), Vitamin B1: 0.13mg (8.51%), Potassium: 243.14mg (6.95%), Vitamin A: 297IU (5.94%), Calcium: 57.84mg (5.78%), Copper: 0.09mg (4.26%), Vitamin B6: 0.08mg (3.94%), Magnesium: 14.61mg (3.65%), Vitamin B2: 0.06mg (3.36%), Vitamin B5: 0.33mg (3.3%), Iron: 0.42mg (2.31%), Phosphorus: 20.75mg (2.08%), Vitamin B3: 0.41mg (2.02%), Manganese: 0.04mg (1.89%), Vitamin E: 0.24mg (1.59%), Selenium: 0.71µg (1.02%)