



Orange Old Fashioned

 Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 shots bourbon recommended: Bulleit
- ☐ 2 tablespoons syrup from a jar of maraschino cherries
- ☐ 1 cranberry-orange relish plus more for garnish cut into 6 slices,
- ☐ 4 dashes orange bitters
- ☐ 4 servings seltzer water
- ☐ 2 tablespoons sugar

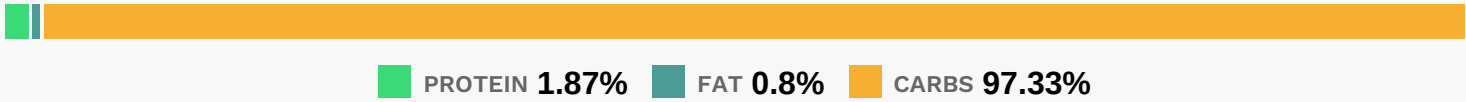
Equipment

- ☐ wooden spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ In a pitcher combine the orange slices, sugar, and cherry syrup. Muddle with a wooden spoon or a muddler, until the sugar is dissolved and the juice is extracted from the oranges.
- ☐ Add the bourbon, and bitters and mix well.
- ☐ Pour into 4 low-ball glasses filled with ice, and top each with sparkling water.
- ☐ Garnish with an orange slice and serve.

Nutrition Facts



Properties

Glycemic Index:31.9, Glycemic Load:5.5, Inflammation Score:-3, Nutrition Score:1.7969565650691%

Flavonoids

Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 168.22kcal (8.41%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0.03%), Carbohydrates: 16.05g (5.35%), Net Carbohydrates: 15.26g (5.55%), Sugar: 14.93g (16.59%), Cholesterol: 0mg (0%), Sodium: 0.71mg (0.03%), Alcohol: 15.27g (100%), Alcohol %: 20.89% (100%), Protein: 0.31g (0.62%), Vitamin C: 17.42mg (21.12%), Fiber: 0.79g (3.14%), Folate: 9.82µg (2.46%), Vitamin B1: 0.03mg (2.08%), Potassium: 60.3mg (1.72%), Vitamin A: 73.69IU (1.47%), Calcium: 13.21mg (1.32%), Copper: 0.02mg (1.23%)