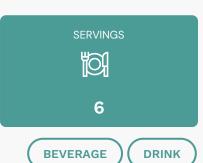


# **Peach-Bourbon Sours**

**Dairy Free** 

☼ Vegetarian ♦ Vegan







# Ingredients

1 cup bourbon
1 slices herbs li

1 slices herbs like: thym fresh

3 tablespoons juice of lemon

0.5 cup peach preserves

0.5 cup water hot

# **Equipment**

whisk

# Directions Whisk together peach preserves and hot water in a glass pitcher until preserves are dissolved. Whisk in bourbon and lemon juice. Fill a cocktail shaker with ice. Add one-third of bourbon mixture; cover with lid, and shake until thoroughly chilled. Pour over ice into 2 (8- to 12-oz.) glasses. Repeat procedure with remaining bourbon mixture. Garnish, if desired. Serve drinks immediately. \*Seedless blackberry, apricot, or ginger preserves may be substituted. Add garnishes to match or complement the preserves flavor you choose. Fresh blackberries and mint sprigs look great on glasses of Blackberry-Bourbon Sours, while lemon and kiwifruit slices are fancy touches to Ginger-Bourbon Cocktails. Nutrition Facts

## **Properties**

Glycemic Index:23.33, Glycemic Load:10.57, Inflammation Score:-2, Nutrition Score:0.91478260023438%

### **Flavonoids**

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 172.85kcal (8.64%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 20.04g (6.68%), Net Carbohydrates: 19.71g (7.17%), Sugar: 13.93g (15.48%), Cholesterol: Omg (0%), Sodium: 10.53mg (0.46%), Alcohol: 13.36g (100%), Alcohol %: 17.69% (100%), Protein: 0.14g (0.27%), Vitamin C: 5.43mg (6.58%), Copper: 0.04mg (2.09%), Vitamin B2: 0.02mg (1.43%), Fiber: 0.34g (1.35%), Folate: 4.73µg (1.18%), Manganese: 0.02mg (1.07%)