



Peach-Bourbon Sours



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



173 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup bourbon
- ☐ 1 slices herbs like: thym fresh
- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 cup peach preserves
- ☐ 0.5 cup water hot

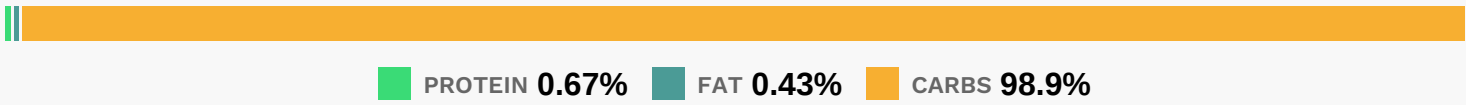
Equipment

- ☐ 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: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg 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: 0mg (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%)