

Piña Pisco Sours



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



102 kcal

SIDE DISH

Ingredients

- ☐ 8 drops angostura bitters
- ☐ 4 large egg whites
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup juice of lime fresh (preferably Key lime)
- ☐ 3 cups pineapple chunks (1-inch) (from)

Equipment

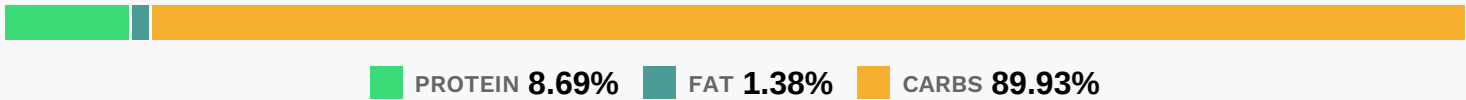
- ☐ bowl
- ☐ sieve

☐ blender

Directions

- ☐ Purée pineapple in a blender until very smooth. Force through a fine-mesh sieve into a bowl, pressing hard on and then discarding solids. (You should have about 1 3/4 cups juice.)
- ☐ Return pineapple juice to blender and add remaining ingredients, except bitters, then pulse until smooth and foamy.
- ☐ Pour over ice in glasses.
- ☐ Add a drop of bitters to center of each drink.
- ☐ •The egg whites in this recipe are not cooked. You can substitute 1/4 cup liquid pasteurized whites. •Pineapple juice can be made 1 day ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:5.82, Inflammation Score:-2, Nutrition Score:2.8813043346872%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 102.44kcal (5.12%), Fat: 0.16g (0.25%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 23.96g (7.99%), Net Carbohydrates: 22.75g (8.27%), Sugar: 21.47g (23.86%), Cholesterol: 0mg (0%), Sodium: 28.66mg (1.25%), Alcohol: 0.45g (100%), Alcohol %: 0.44% (100%), Protein: 2.31g (4.63%), Vitamin C: 12.88mg (15.61%), Vitamin B1: 0.09mg (6.33%), Vitamin B2: 0.09mg (5.58%), Selenium: 3.72µg (5.31%), Copper: 0.1mg (5.17%), Fiber: 1.21g (4.86%), Potassium: 154.77mg (4.42%), Magnesium: 16.33mg (4.08%), Vitamin B6: 0.07mg (3.66%), Calcium: 17.55mg (1.76%), Folate: 6.61µg (1.65%), Iron: 0.28mg (1.55%), Vitamin B3: 0.29mg (1.45%), Phosphorus: 10.8mg (1.08%), Vitamin A: 51.92IU (1.04%)