



## Pisco Sour

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



3

CALORIES



566 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 cups sugar
- 2 cups water
- 2 oz brandy
- 1 oz juice of lime fresh
- 1 egg whites
- 0.3 cup ice cubes
- 1 serving angostura bitters

## Equipment

sauce pan

## Directions

In 2-quart saucepan, mix sugar and water.

Heat over medium heat, stirring frequently, until sugar dissolves. Cover; store in refrigerator to use as simple syrup in step

In beverage or martini shaker, mix Pisco, lime juice, egg white, 1 oz of the simple syrup and ice cubes until egg white is frothy.

Pour into 3 small glasses; top each with 1 drop of bitters.

Serve immediately.

## Nutrition Facts

 PROTEIN 0.83% FAT 0.75% CARBS 98.42%

## Properties

Glycemic Index:28.36, Glycemic Load:93.08, Inflammation Score:1, Nutrition Score:0.87956522032619%

## Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg, Hesperetin: 0.85mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 566.14kcal (28.31%), Fat: 0.45g (0.69%), Saturated Fat: 0g (0%), Carbohydrates: 133.82g (44.61%), Net Carbohydrates: 133.78g (48.65%), Sugar: 133.34g (148.16%), Cholesterol: 0mg (0%), Sodium: 27.18mg (1.18%), Alcohol: 6.46g (100%), Alcohol %: 2.34% (100%), Protein: 1.13g (2.26%), Vitamin B2: 0.07mg (4.2%), Selenium: 2.81µg (4.01%), Vitamin C: 2.84mg (3.44%), Copper: 0.05mg (2.33%)