

Pisco Sour



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



63 kcal

SIDE DISH

Ingredients

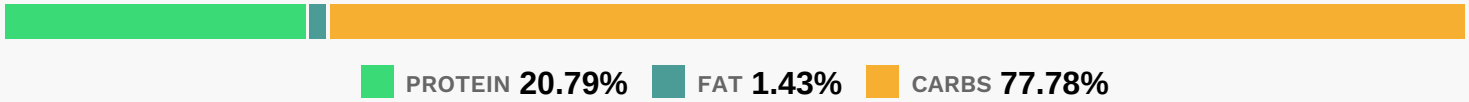
- ☐ 1 serving angostura bitters (see note, below)
- ☐ 1 egg whites
- ☐ 0.8 ounce juice of lemon fresh
- ☐ 0.5 ounce simple syrup glaze
- ☐ 2.5 ounces frangelico (see note)
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Equipment

Directions

- ☐ In cocktail shaker filled with ice, combine egg white, Pisco, simple syrup, and lemon juice. Cover, shake vigorously for 15 seconds, and strain into six-ounce cocktail glass. Top with a few drops of bitters.
- ☐ ·In this recipe, any Chilean Pisco will do, but be aware that Chilean and Peruvian Piscos are not interchangeable. Chilean Pisco is sweeter and has a slightly lower proof. So if you use the Peruvian stuff, adjust the amount of lemon juice and simple syrup accordingly. Both kinds are available at many good liquor stores.·Chilean Amargo bitters are virtually impossible to buy in the U.S., but easy-to-find Angostura Bitters make an acceptable substitute. Yet since, as Ryan McGrale says, they are "sharper and spicier, go a little lighter on the bitters if you're using Angostura."

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.834347838212%

Flavonoids

Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 63.17kcal (3.16%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 12.51g (4.17%), Net Carbohydrates: 12.45g (4.53%), Sugar: 11.25g (12.51%), Cholesterol: 0mg (0%), Sodium: 58.23mg (2.53%), Alcohol: 0.45g (100%), Alcohol %: 0.86% (100%), Protein: 3.34g (6.69%), Vitamin C: 8.23mg (9.97%), Selenium: 6.12µg (8.74%), Vitamin B2: 0.14mg (8.43%), Iron: 0.55mg (3.06%), Potassium: 79.73mg (2.28%), Vitamin B1: 0.02mg (1.65%), Magnesium: 5.99mg (1.5%), Folate: 5.45µg (1.36%)