

Pisco Sour



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



29 kcal

SIDE DISH

Ingredients



1 Dash angostura bitters (3 drops)



1 large egg whites



1 cup ice cubes



1 ounce juice of lime fresh



2 ounces frangelico



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Equipment

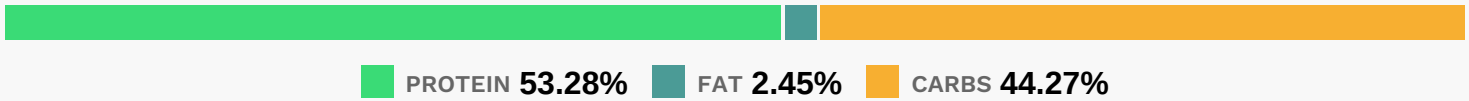


toothpicks

Directions

- ☐ In large cocktail shaker, combine Pisco, lime juice, simple syrup, and egg white. Shake vigorously for 25 seconds.
- ☐ Add ice and shake vigorously again. Strain into coupe glass and dot three drops of bitters on top of froth. If desired, drag toothpick through dots to create patterns such as hearts or squiggles.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.9330435291581%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 29.01kcal (1.45%), Fat: 0.08g (0.12%), Saturated Fat: 0g (0.01%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 2.97g (1.08%), Sugar: 0.84g (0.94%), Cholesterol: 0mg (0%), Sodium: 67.18mg (2.92%), Alcohol: 0.45g (100%), Alcohol %: 0.19% (100%), Protein: 3.72g (7.43%), Vitamin C: 8.5mg (10.31%), Selenium: 6.63µg (9.47%), Vitamin B2: 0.15mg (8.77%), Copper: 0.05mg (2.65%), Potassium: 86.96mg (2.48%), Magnesium: 8.26mg (2.07%), Calcium: 13.38mg (1.34%), Folate: 4.16µg (1.04%)