

Pisco Sour



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



53 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon pasteurized egg whites
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon sugar
- ☐ 2 oz pisco (see notes)
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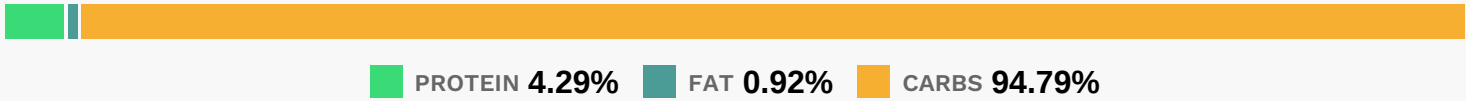
Equipment

- ☐ blender

Directions

- ☐ In a blender, whirl 3 ice cubes, pisco, sugar, fresh lime juice, and egg whites. Whirl until smooth (you'll no longer hear the ice cracking against the side of the blender) and serve straight up in a martini glass with a dash of aromatic bitters and a wedge of lime.
- ☐ Peruvian Pantry: Pisco. A brandy distilled from several different grape varieties grown in South America, it is the national drink of Peru and comes in many styles--from smooth and sippable to rough and fiery. (Chile also produces pisco, although Peru contends that the Chilean version is not real pisco but a Chilean brandy that needs its own name.) Pisco became popular in California during the Gold Rush, when Peruvian miners there extolled its virtues to fellow fortune-seekers.

Nutrition Facts



Properties

Glycemic Index:70.09, Glycemic Load:8.38, Inflammation Score:-1, Nutrition Score:0.57043477115424%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg 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: 52.51kcal (2.63%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0.01%), Carbohydrates: 13.25g (4.42%), Net Carbohydrates: 13.19g (4.8%), Sugar: 12.26g (13.63%), Cholesterol: 0mg (0%), Sodium: 8.6mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.6g (1.2%), Vitamin C: 4.5mg (5.45%), Vitamin B2: 0.03mg (1.54%), Selenium: 1.07µg (1.53%)