

Pisco Sour II



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



6

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 6 servings aromatic bitters
- ☐ 1.3 cups confectioners' sugar
- ☐ 1 egg white
- ☐ 2 cups ice cubes crushed
- ☐ 1 cup juice of lime fresh

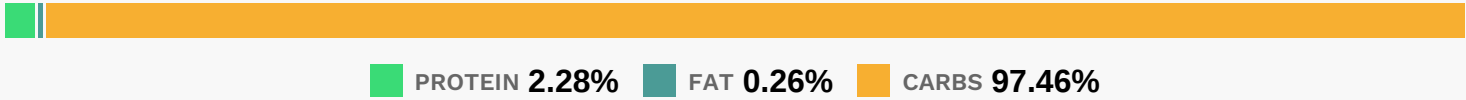
Equipment

- ☐ blender

Directions

- ☐
- Blend the pisco, lime juice, egg white, sugar, and ice in a blender until smooth, about 1 minute.
- ☐
- Pour into fluted glasses and top each with 1 to 2 dashes of the aromatic bitters to serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.3186956553356%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 121.18kcal (6.06%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.02%), Carbohydrates: 30.51g (10.17%), Net Carbohydrates: 30.34g (11.03%), Sugar: 26.93g (29.92%), Cholesterol: 0mg (0%), Sodium: 13.58mg (0.59%), Alcohol: 0.45g (100%), Alcohol %: 0.38% (100%), Protein: 0.71g (1.43%), Vitamin C: 12.1mg (14.67%), Vitamin B2: 0.03mg (1.95%), Selenium: 1.2µg (1.71%), Potassium: 55.87mg (1.6%), Copper: 0.03mg (1.33%), Magnesium: 4.57mg (1.14%), Folate: 4.23µg (1.06%)