



Rosemary-Grapefruit Sour



Vegetarian



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



238 kcal

BEVERAGE

DRINK

Ingredients

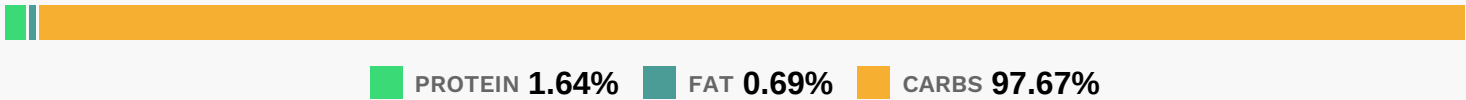
- ☐ 1 teaspoon rosemary leaves fresh
- ☐ 1 cup ice cubes
- ☐ 0.3 cup grapefruit juice red chilled
- ☐ 0.3 cup bourbon
- ☐ 1 tablespoon honey
- ☐ 1 serving maraschino cherries with stem, if desired
- ☐ 1 sprig rosemary leaves fresh
- ☐ 1 serving lime

Equipment

Directions

- ☐
- In cocktail shaker, place rosemary leaves; muddle with spoon to release oil.
- ☐
- Add ice, grapefruit juice, bourbon and honey. Cover; shake until cocktail shaker is frosted. Strain into lowball glass over ice; garnish with cherry, rosemary sprig and grapefruit peel.

Nutrition Facts



Properties

Glycemic Index:115.27, Glycemic Load:12.14, Inflammation Score:-3, Nutrition Score:1.7947825930365%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg

Nutrients (% of daily need)

Calories: 238.19kcal (11.91%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 26.03g (8.68%), Net Carbohydrates: 25.72g (9.35%), Sugar: 25.68g (28.53%), Cholesterol: 0mg (0%), Sodium: 14.71mg (0.64%), Alcohol: 20.04g (100%), Alcohol %: 6.65% (100%), Protein: 0.44g (0.88%), Vitamin C: 16.28mg (19.73%), Copper: 0.07mg (3.3%), Potassium: 110.41mg (3.15%), Magnesium: 9.1mg (2.27%), Iron: 0.38mg (2.14%), Calcium: 16.68mg (1.67%), Manganese: 0.03mg (1.51%), Fiber: 0.31g (1.24%), Zinc: 0.17mg (1.12%), Vitamin B3: 0.21mg (1.07%)