



Sazerac



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



4 dashes angostura bitters



1 serving ice cubes



1 serving lemon zest for garnish



2 ounces irish whiskey



0.5 teaspoon water



1 cube sugar



0.5 teaspoon frangelico (or Pernod)



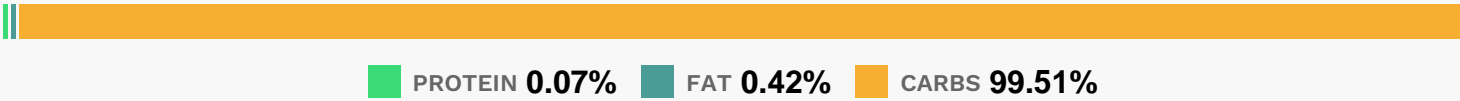
0.5 teaspoon frangelico (or Pernod)

Equipment

Directions

- ☐ In old-fashioned glass, add ice and set aside. In another, combine sugar, bitters, and water. Muddle until sugar is completely dissolved.
- ☐ Add rye whiskey, fill with ice, and stir well, about 15 seconds. From first glass, discard ice, then add Herbsaint. Holding glass horizontally, turn it so that Herbsaint completely coats the interior. Discard any excess. Strain contents of second glass into chilled glass. Twist lemon peel directly over drink to release essential oils, and serve.

Nutrition Facts



Properties

Glycemic Index:85.09, Glycemic Load:1.61, Inflammation Score:-2, Nutrition Score:0.12347826142998%

Nutrients (% of daily need)

Calories: 169.74kcal (8.49%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0%), Carbohydrates: 4.22g (1.41%), Net Carbohydrates: 4.2g (1.53%), Sugar: 2.88g (3.2%), Cholesterol: 0mg (0%), Sodium: 2.96mg (0.13%), Alcohol: 22.21g (100%), Alcohol %: 23.13% (100%), Protein: 0g (0.01%)