



Sazerac

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

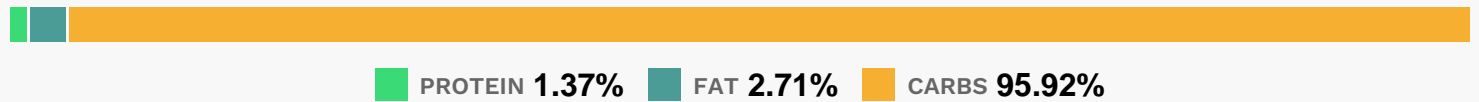
- 0.3 teaspoon aniseed
- 2 dashes angostura bitters
- 1 cup ice cubes
- 1 serving lemon zest
- 3 tablespoons irish whiskey
- 1 teaspoon simple syrup glaze

Equipment

Directions

- Fill cocktail shaker with 1 cup ice.
- Add 3 tablespoons rye whiskey, 1 teaspoon simple syrup, and 2 dashes Peychaud's bitters; cover with lid, and shake until thoroughly chilled. Coat inside of a chilled 3 1/2-ounce glass with 1/4 teaspoon anise liqueur; pour out excess. Rub lemon rind strip over rim, and place in glass. Strain whiskey mixture into prepared glass.
- Cocktail Tip: Sidestep the extra calories by making cocktails with fresh fruit juices and calorie-free beverages rather than mixes, which are loaded with sugar.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:0.51826087053379%

Nutrients (% of daily need)

Calories: 142.63kcal (7.13%), Fat: 0.08g (0.12%), Saturated Fat: 0g (0.02%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 6.27g (2.28%), Sugar: 5.44g (6.04%), Cholesterol: 0mg (0%), Sodium: 15.98mg (0.69%), Alcohol: 17.1g (100%), Alcohol %: 7.44% (100%), Protein: 0.09g (0.18%), Copper: 0.05mg (2.51%), Iron: 0.45mg (2.49%), Calcium: 11.51mg (1.15%)