



Shoo-Fly Punch



Vegetarian



Vegan



Dairy Free

READY IN



75 min.

SERVINGS



1

CALORIES



249 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 teaspoon angostura bitters
- ☐ 5 tablespoons bourbon
- ☐ 2 tablespoons ginger liqueur
- ☐ 1 serving nonalcoholic ginger beer chilled
- ☐ 1 serving ice cubes crushed
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 slices garnishes: orange mint sprigs fresh
- ☐ 1 tablespoon simple syrup glaze

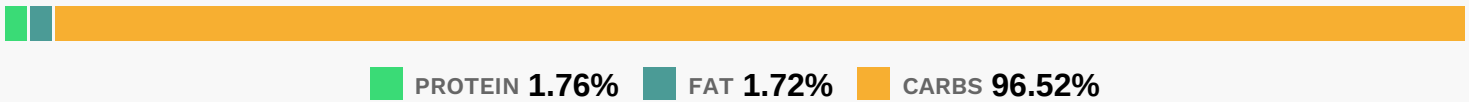
Equipment

- ☐ canning jar

Directions

- ☐ Stir together first 5 ingredients. Fill 1 (16-oz.) glass or Mason jar with crushed ice.
- ☐ Pour bourbon mixture over ice; top with ginger beer (about 1/3 cup).
- ☐ Garnish, if desired.
- ☐ Serve immediately.
- ☐ Note: We tested with Maker's Mark Bourbon, Domaine de Canton ginger liqueur, and Reed's Extra Ginger Brew and Goya Jamaican Style Ginger Beer.

Nutrition Facts



Properties

Glycemic Index:93, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:1.680000010149%

Flavonoids

Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 248.54kcal (12.43%), Fat: 0.15g (0.23%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 18.96g (6.32%), Net Carbohydrates: 18.56g (6.75%), Sugar: 15.51g (17.23%), Cholesterol: 0mg (0%), Sodium: 14.75mg (0.64%), Alcohol: 25.61g (100%), Alcohol %: 25.31% (100%), Protein: 0.34g (0.69%), Vitamin C: 6.82mg (8.27%), Iron: 0.9mg (4.99%), Manganese: 0.06mg (2.96%), Copper: 0.06mg (2.87%), Potassium: 93.35mg (2.67%), Vitamin B1: 0.04mg (2.56%), Magnesium: 9.74mg (2.44%), Fiber: 0.41g (1.62%), Vitamin B6: 0.03mg (1.57%), Vitamin B2: 0.02mg (1.45%), Folate: 5.68µg (1.42%), Phosphorus: 11.29mg (1.13%)