



## Slushy Whiskey Sours

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



149 kcal

BEVERAGE

DRINK

### Ingredients

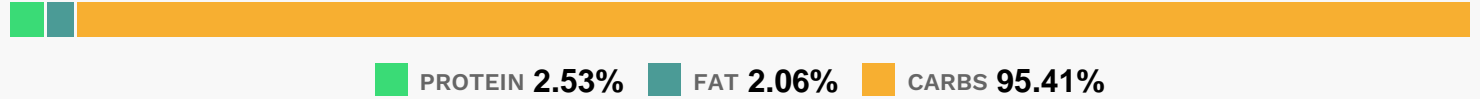
- 2 cups bourbon
- 33.8 ounce club soda chilled
- 6 ounce lemonade concentrate frozen thawed canned
- 6 ounce limeade concentrate frozen thawed canned
- 6 ounce orange juice concentrate frozen thawed canned
- 4.3 cups water

### Equipment

## Directions

- Stir together first 5 ingredients.
- Pour into a large zip-top freezer bag; seal. Freeze 2 hours. Spoon into a pitcher. Stir in club soda, and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:1.25, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:2.3217391728059%

## Nutrients (% of daily need)

Calories: 148.53kcal (7.43%), Fat: 0.13g (0.21%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 14.02g (4.67%), Net Carbohydrates: 13.83g (5.03%), Sugar: 12.4g (13.78%), Cholesterol: 0mg (0%), Sodium: 23.85mg (1.04%), Alcohol: 13.36g (100%), Alcohol %: 6.83% (100%), Protein: 0.37g (0.74%), Vitamin C: 22.85mg (27.7%), Folate: 12.05µg (3.01%), Vitamin B1: 0.04mg (2.97%), Potassium: 103.18mg (2.95%), Vitamin B6: 0.04mg (2.03%), Magnesium: 7.89mg (1.97%), Copper: 0.04mg (1.97%), Vitamin B2: 0.03mg (1.58%), Calcium: 13.22mg (1.32%), Phosphorus: 11.38mg (1.14%), Vitamin A: 53.72IU (1.07%)