



Sparkling Bourbon Lemonade

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



251 kcal

BEVERAGE

DRINK

Ingredients

- 6 shots bourbon
- 4 cups club soda chilled
- 6 servings ice cubes crushed
- 1 slices optional: lemon (4 large lemons)
- 1 cup juice of lemon fresh (4 large lemons)
- 1 bunch mint sprigs fresh plus more for garnish
- 1 slices cranberry-orange relish (1 large orange)
- 0.5 cup orange juice fresh (1 large orange)

1 cup sugar


Equipment

sauce pan

Directions

- Combine 1 1/2 cups water and sugar in a small saucepan over high heat. Cook until the sugar is dissolved, about 2 minutes. Cool the simple syrup completely. This simple syrup can be made 1 week in advance and stored, covered, in the refrigerator.
- Combine the simple syrup, lemon juice and orange juice in a pitcher.
- Mix in the club soda.
- Add the lemon slices, orange slices and mint.
- Fill glasses with crushed ice.
- Add 1 shot bourbon to each glass and fill to the top with the sparkling lemonade.
- Garnish each glass with mint.

Nutrition Facts

 **PROTEIN 0.88%**  **FAT 1.47%**  **CARBS 97.65%**

Properties

Glycemic Index:34.18, Glycemic Load:24.48, Inflammation Score:-3, Nutrition Score:2.6782608934395%

Flavonoids

Eriodictyol: 2.47mg, Eriodictyol: 2.47mg, Eriodictyol: 2.47mg, Eriodictyol: 2.47mg Hesperetin: 9.38mg, Hesperetin: 9.38mg, Hesperetin: 9.38mg, Hesperetin: 9.38mg Naringenin: 1.37mg, Naringenin: 1.37mg, Naringenin: 1.37mg, Naringenin: 1.37mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 250.95kcal (12.55%), Fat: 0.26g (0.4%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 38.64g (12.88%), Net Carbohydrates: 38.33g (13.94%), Sugar: 36.27g (40.31%), Cholesterol: 0mg (0%), Sodium: 34.79mg (1.51%), Alcohol: 14.82g (100%), Alcohol %: 6.22% (100%), Protein: 0.35g (0.69%), Vitamin C: 28.14mg (34.11%), Folate: 15.92µg (3.98%), Potassium: 97.56mg (2.79%), Vitamin B1: 0.03mg (2.27%), Copper: 0.04mg (2.03%), Magnesium:

7.16mg (1.79%), Calcium: 15.82mg (1.58%), Vitamin A: 77.6IU (1.55%), Vitamin B6: 0.03mg (1.53%), Zinc: 0.22mg (1.46%), Vitamin B2: 0.02mg (1.37%), Manganese: 0.03mg (1.37%), Fiber: 0.31g (1.22%), Vitamin B5: 0.1mg (1.03%)