



The New York Sour



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 ounce juice of lemon fresh



0.5 ounce red wine fruity (such as Shiraz or Malbec)



1 ounce simple syrup glaze



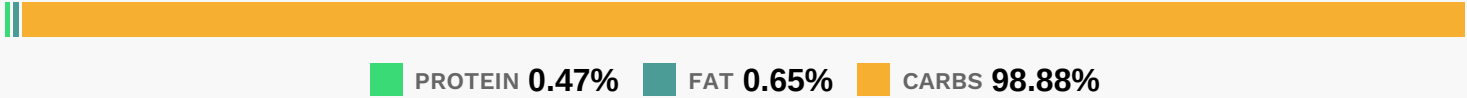
2 ounces irish whiskey

Equipment

Directions

Combine 2 ounces rye or bourbon whiskey, 1 ounce fresh lemon juice, and 1 ounce simple syrup in a cocktail shaker. Fill with ice, cover, and shake until outside of shaker is frosty, about 30 seconds. Strain into a rocks glass filled with fresh ice. Gently pour 1/2 ounce fruity red wine (such as Shiraz or Malbec) over the back of a spoon held just above the drink's surface so wine floats on top.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:1.6043478222969%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg, Petunidin: 0.28mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 1.96mg, Malvidin: 1.96mg, Malvidin: 1.96mg, Malvidin: 1.96mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg Hesperetin: 4.19mg, Hesperetin: 4.19mg, Hesperetin: 4.19mg, Hesperetin: 4.19mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 236.29kcal (11.81%), Fat: 0.07g (0.1%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 23.12g (7.71%), Net Carbohydrates: 23.03g (8.38%), Sugar: 21.61g (24.01%), Cholesterol: 0mg (0%), Sodium: 17.29mg (0.75%), Alcohol: 21.91g (100%), Alcohol %: 21.77% (100%), Protein: 0.11g (0.22%), Vitamin C: 10.97mg (13.3%), Iron: 1.12mg (6.22%), Vitamin B1: 0.05mg (3.26%), Potassium: 65.63mg (1.88%), Magnesium: 6.24mg (1.56%), Vitamin B2: 0.03mg (1.54%), Folate: 5.81µg (1.45%), Manganese: 0.03mg (1.33%), Vitamin B6: 0.02mg (1.06%)