



## Wally Harbanger from 1534

 Dairy Free

READY IN



3 min.

SERVINGS



1

CALORIES



249 kcal

BEVERAGE

DRINK

### Ingredients

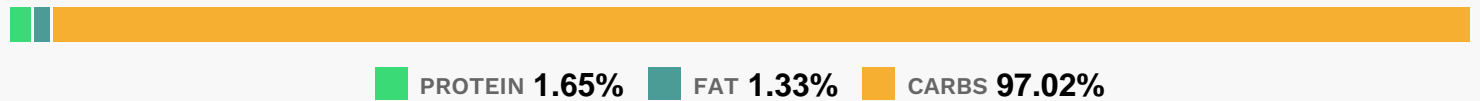
- 2 ounces bourbon such as bulleit
- 0.8 ounce galliano
- 1 serving ice crushed
- 0.8 ounce juice of lemon fresh
- 0.5 ounce maple syrup
- 1 mint leaves for garnish
- 5 mint leaves

### Equipment

## Directions

- Combine bourbon, Galliano, lemon juice, maple syrup, and mint leaves in a cocktail shaker.
- Add ice and shake lightly for about 5 seconds, or flip shaker back and forth for a light shake.
- Fill rocks glass with crushed ice and strain cocktail carefully into glass.
- Add one or two small straws. Clap the mint sprig lightly between hands to release essential oils, garnish with mint sprig.

## Nutrition Facts



## Properties

Glycemic Index:51.5, Glycemic Load:3.49, Inflammation Score:-5, Nutrition Score:3.1469565039582%

## Flavonoids

Eriodictyol: 2.89mg, Eriodictyol: 2.89mg, Eriodictyol: 2.89mg, Eriodictyol: 2.89mg Hesperetin: 3.69mg, Hesperetin: 3.69mg, Hesperetin: 3.69mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 248.93kcal (12.45%), Fat: 0.11g (0.17%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 17.59g (5.86%), Net Carbohydrates: 17.04g (6.2%), Sugar: 14.66g (16.28%), Cholesterol: 0mg (0%), Sodium: 3.97mg (0.17%), Alcohol: 25.68g (100%), Alcohol %: 27.03% (100%), Protein: 0.3g (0.6%), Manganese: 0.41mg (20.47%), Vitamin C: 10.14mg (12.29%), Vitamin B2: 0.2mg (11.85%), Vitamin A: 256.16IU (5.12%), Calcium: 31.34mg (3.13%), Folate: 11.09µg (2.77%), Potassium: 89.07mg (2.54%), Magnesium: 9.06mg (2.27%), Fiber: 0.54g (2.18%), Iron: 0.36mg (2%), Copper: 0.04mg (1.76%), Vitamin B1: 0.02mg (1.52%), Zinc: 0.2mg (1.33%)