



## Ward Eight

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



149 kcal

BEVERAGE

DRINK

## Ingredients

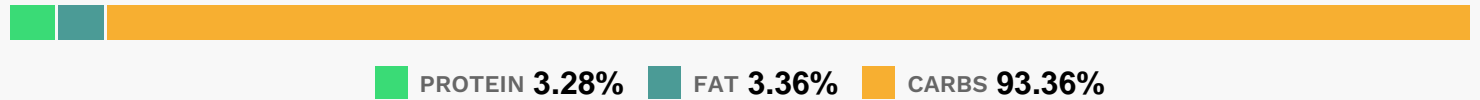
- 1 serving ice cubes
- 0.5 ounce juice of lemon freshly squeezed
- 1 maraschino cherries
- 0.5 ounce orange juice freshly squeezed
- 2 ounces bourbon

## Equipment

## Directions

- Fill a cocktail glass with ice and place in the freezer to chill.
- Place the rye or bourbon, lemon juice, orange juice, and grenadine in a cocktail shaker. Fill the shaker halfway with ice and shake vigorously until the outside is frosty, about 30 seconds. Strain into the chilled glass and garnish with the maraschino cherry.

## Nutrition Facts



## Properties

Glycemic Index:67, Glycemic Load:0.75, Inflammation Score:-3, Nutrition Score:1.2595652064875%

## Flavonoids

Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg, Eriodictyol: 0.72mg Hesperetin: 3.74mg, Hesperetin: 3.74mg, Hesperetin: 3.74mg, Hesperetin: 3.74mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 148.72kcal (7.44%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 4.55g (1.52%), Net Carbohydrates: 4.32g (1.57%), Sugar: 3.49g (3.88%), Cholesterol: 0mg (0%), Sodium: 3.85mg (0.17%), Alcohol: 18.94g (100%), Alcohol %: 16.43% (100%), Protein: 0.16g (0.32%), Vitamin C: 12.57mg (15.24%), Copper: 0.04mg (1.83%), Folate: 7.09µg (1.77%), Vitamin B1: 0.02mg (1.3%), Potassium: 45.13mg (1.29%)