



Ward Eight

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



149 kcal

BEVERAGE

DRINK

Ingredients

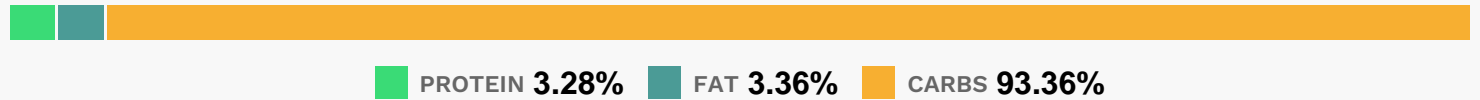
- 1 serving ice cubes
- 0.5 ounce juice of lemon freshly squeezed
- 1 maraschino cherries
- 0.5 ounce orange juice freshly squeezed
- 2 ounces bourbon

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%)