



West-Fresh Pisco Sour



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



84 kcal

SIDE DISH

Ingredients

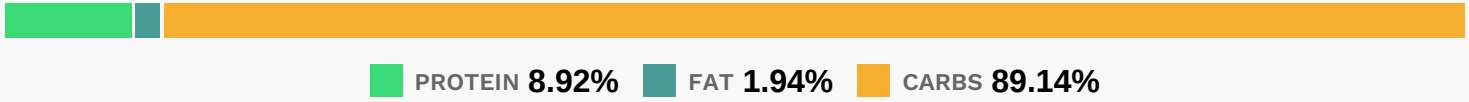
- ☐ 2 tablespoons agave nectar
- ☐ 2 tablespoons pasteurized egg whites
- ☐ 0.3 cup juice of lime
- ☐ 10 large mint leaves for garnish
- ☐ 6 tablespoons pisco
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Equipment

Directions

- ☐ Muddle mint leaves, lime juice, and agave nectar in a cocktail shaker.
- ☐ Add ice, pisco, and egg whites and shake very vigorously at least 20 seconds. Strain into 2 coupes.
- ☐ Garnish with mint sprigs.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:2.4, Inflammation Score:-3, Nutrition Score:3.0026087126006%

Flavonoids

Eriodictyol: 2.21mg, Eriodictyol: 2.21mg, Eriodictyol: 2.21mg, Eriodictyol: 2.21mg Hesperetin: 3.22mg, Hesperetin: 3.22mg, Hesperetin: 3.22mg, Hesperetin: 3.22mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 83.85kcal (4.19%), Fat: 0.19g (0.29%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 19.44g (6.48%), Net Carbohydrates: 18.88g (6.87%), Sugar: 14.9g (16.55%), Cholesterol: 0mg (0%), Sodium: 27.54mg (1.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.89%), Vitamin C: 14.23mg (17.25%), Vitamin B2: 0.12mg (6.91%), Selenium: 3.34µg (4.78%), Vitamin K: 4.91µg (4.67%), Vitamin A: 227.52IU (4.55%), Folate: 15.62µg (3.9%), Vitamin B6: 0.07mg (3.39%), Manganese: 0.07mg (3.35%), Potassium: 88.79mg (2.54%), Vitamin B1: 0.04mg (2.52%), Fiber: 0.56g (2.25%), Magnesium: 8.26mg (2.06%), Vitamin E: 0.27mg (1.82%), Calcium: 17.63mg (1.76%), Iron: 0.31mg (1.73%), Copper: 0.03mg (1.5%), Vitamin B3: 0.29mg (1.44%), Phosphorus: 10.31mg (1.03%)