

Whiskey Fizz

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



255 kcal

BEVERAGE

DRINK

Ingredients

- 1 serving ice cubes
- 1.5 oz irish whiskey
- 2 tablespoons simple syrup glaze
- 1 tablespoon juice of lemon
- 6 tablespoons coca-cola
- 1 lemon wedges

Equipment

Directions

- Add ice to cocktail glass. In cocktail shaker with ice, shake whiskey, simple syrup and lemon juice until blended.
- Pour into glass, straining out ice.
- Add carbonated beverage.
- Garnish with lemon wedge.

Nutrition Facts

PROTEIN 0.76% **FAT 0.59%** **CARBS 98.65%**

Properties

Glycemic Index:103.5, Glycemic Load:5.65, Inflammation Score:-2, Nutrition Score:2.1982608842461%

Flavonoids

Eriodictyol: 4.58mg, Eriodictyol: 4.58mg, Eriodictyol: 4.58mg, Eriodictyol: 4.58mg Hesperetin: 7.19mg, Hesperetin: 7.19mg, Hesperetin: 7.19mg, Hesperetin: 7.19mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 255.26kcal (12.76%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 40.49g (13.5%), Net Carbohydrates: 39.94g (14.53%), Sugar: 38.11g (42.34%), Cholesterol: 0mg (0%), Sodium: 30.06mg (1.31%), Alcohol: 15.31g (100%), Alcohol %: 7.46% (100%), Caffeine: 7.1mg (2.37%), Protein: 0.31g (0.63%), Vitamin C: 15.35mg (18.6%), Iron: 1.67mg (9.26%), Vitamin B1: 0.07mg (4.41%), Fiber: 0.55g (2.2%), Potassium: 67.69mg (1.93%), Vitamin B2: 0.03mg (1.78%), Phosphorus: 17.43mg (1.74%), Magnesium: 6.9mg (1.73%), Copper: 0.03mg (1.64%), Calcium: 14.23mg (1.42%), Folate: 4.98µg (1.25%), Vitamin B6: 0.02mg (1.06%)