



Whiskey Hot and Sour



Vegetarian



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



178 kcal

BEVERAGE

DRINK

Ingredients

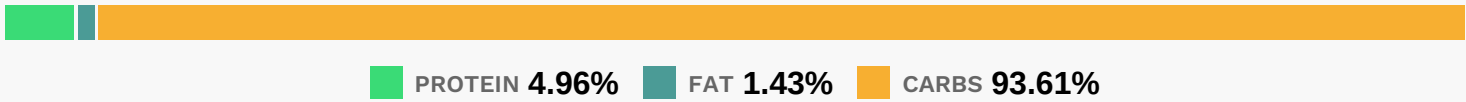
- ☐ 0.5 ounce agave syrup
- ☐ 2 ounces bourbon
- ☐ 1 teaspoon egg white
- ☐ 0.3 teaspoon hot sauce
- ☐ 1 serving ice cubes crushed
- ☐ 1 ounce juice of lemon fresh
- ☐ 1 slice orange and serrano pepper halved for garnish

Equipment

Directions

- ☐ Pour the bourbon, lemon juice, syrup and egg white into a cocktail shaker and shake well so the egg white can emulsify.
- ☐ Add crushed ice and hot sauce, continue shaking to chill. Strain into a cocktail glass and garnish with a slice of orange and a pepper half.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:1.4973913078075%

Flavonoids

Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg Hesperetin: 4.1mg, Hesperetin: 4.1mg, Hesperetin: 4.1mg, Hesperetin: 4.1mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 178.33kcal (8.92%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 12.44g (4.15%), Net Carbohydrates: 12.32g (4.48%), Sugar: 11.18g (12.42%), Cholesterol: 0mg (0%), Sodium: 43.83mg (1.91%), Alcohol: 18.94g (100%), Alcohol %: 22.4% (100%), Protein: 0.66g (1.32%), Vitamin C: 12.17mg (14.75%), Iron: 0.57mg (3.18%), Vitamin B2: 0.04mg (2.25%), Vitamin B1: 0.03mg (1.98%), Selenium: 1.12µg (1.6%), Folate: 6.16µg (1.54%), Potassium: 51.79mg (1.48%), Copper: 0.02mg (1.11%), Vitamin B6: 0.02mg (1.02%)