

Whiskey Sour

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



212 kcal

BEVERAGE

DRINK

Ingredients

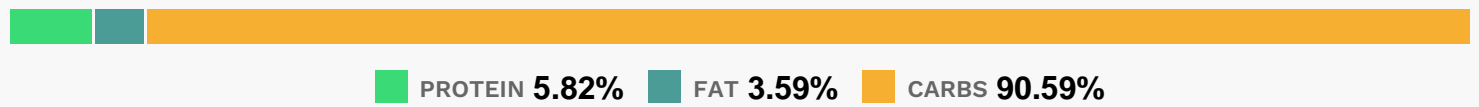
- 1 serving ice crushed
- 1 optional: lemon
- 1 slices maraschino cherries
- 1 Tbsp powdered sugar
- 0.3 cup irish whiskey

Equipment

Directions

- Squeeze juice from lemon half into a cocktail shaker.
- Add whiskey and powdered sugar to cocktail shaker; fill with crushed ice. Cover with lid, and shake 30 seconds. Strain over ice into a glass.
- Garnish, if desired.
- Note: We tested with Gentleman Jack
- Whiskey.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:1.8, Inflammation Score:-5, Nutrition Score:5.1465216347867%

Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 211.59kcal (10.58%), Fat: 0.33g (0.5%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 18.53g (6.18%), Net Carbohydrates: 15.47g (5.63%), Sugar: 10.97g (12.19%), Cholesterol: 0mg (0%), Sodium: 2.41mg (0.1%), Alcohol: 21.24g (100%), Alcohol %: 15.21% (100%), Protein: 1.19g (2.38%), Vitamin C: 57.24mg (69.38%), Fiber: 3.06g (12.22%), Vitamin B6: 0.09mg (4.32%), Potassium: 150mg (4.29%), Iron: 0.67mg (3.72%), Vitamin B1: 0.05mg (3.19%), Folate: 11.88µg (2.97%), Calcium: 28.73mg (2.87%), Copper: 0.05mg (2.52%), Magnesium: 8.69mg (2.17%), Vitamin B5: 0.21mg (2.06%), Phosphorus: 19.08mg (1.91%), Manganese: 0.04mg (1.88%), Vitamin B2: 0.02mg (1.39%), Vitamin E: 0.16mg (1.08%)