



Whiskey Sour Punch



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



167 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups bourbon
- ☐ 3 cups seltzer water chilled
- ☐ 0.5 cup juice of lemon fresh (3 large lemons)
- ☐ 2.5 cups orange juice fresh refrigerated
- ☐ 0.3 cup sugar
- ☐ 0.3 cup water

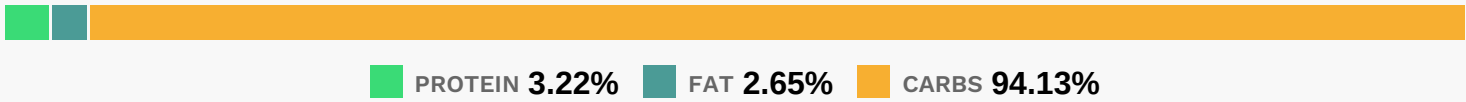
Equipment

- ☐ microwave

Directions

- ☐ Combine sugar and 1/3 cup water in a 1-cup glass measure. Microwave at HIGH 2 minutes; stir until sugar dissolves. Cool to room temperature.
- ☐ Combine sugar mixture, orange juice, bourbon, and lemon juice in a large pitcher; stir well. Stir in club soda just before serving.
- ☐ Garnish with orange slices, if desired.

Nutrition Facts



Properties

Glycemic Index:13.71, Glycemic Load:7.94, Inflammation Score:-4, Nutrition Score:3.2813043307675%

Flavonoids

Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 9.17mg, Hesperetin: 9.17mg, Hesperetin: 9.17mg, Hesperetin: 9.17mg Naringenin: 1.5mg, Naringenin: 1.5mg, Naringenin: 1.5mg, Naringenin: 1.5mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 167.13kcal (8.36%), Fat: 0.17g (0.27%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 13.77g (5.01%), Sugar: 12.17g (13.52%), Cholesterol: 0mg (0%), Sodium: 16.59mg (0.72%), Alcohol: 16.03g (100%), Alcohol %: 9.78% (100%), Protein: 0.48g (0.95%), Vitamin C: 35.72mg (43.3%), Folate: 21.04µg (5.26%), Vitamin B1: 0.06mg (4.11%), Potassium: 139.08mg (3.97%), Vitamin A: 124.73IU (2.49%), Copper: 0.05mg (2.26%), Magnesium: 8.34mg (2.09%), Vitamin B6: 0.03mg (1.54%), Vitamin B2: 0.02mg (1.39%), Vitamin B5: 0.13mg (1.34%), Phosphorus: 13.44mg (1.34%), Vitamin B3: 0.27mg (1.33%), Calcium: 11.4mg (1.14%)