



Whiskey Sour Slushy

 Vegetarian

 Vegan

 Dairy Free

 Popular

READY IN



120 min.

SERVINGS



2

CALORIES



1081 kcal

DESSERT

Ingredients

- ☐ 7 tablespoons bourbon plus more for serving
- ☐ 1 cup plus
- ☐ 0.8 teaspoon kosher salt
- ☐ 1.3 cup juice of lemon
- ☐ 1 tablespoon lemon zest grated
- ☐ 1.5 cups red wine (see note)
- ☐ 0.8 cup sugar
- ☐ 1.5 cups water filtered

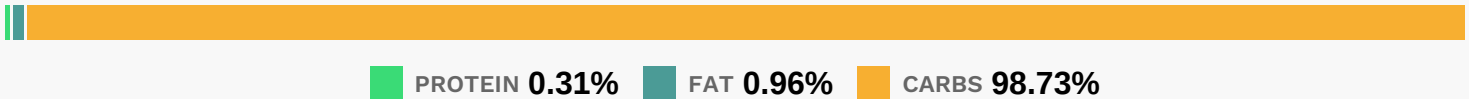
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ ice cream machine
- ☐ candy thermometer
- ☐ drinking straws

Directions

- ☐ For the Slushy Base: In a large bowl whisk together lemon juice, water, corn syrup, whiskey, lemon zest, and salt until very well combined.
- ☐ Transfer to freezer and chill until very cold, about 1 1/2 hours.
- ☐ Transfer chilled base into ice cream maker and churn until base looks like a soft sorbet without visible liquid pooling at the top. A spoon pressed against the base should leave a clear indentation once removed.
- ☐ Transfer churned base to an airtight container and chill in freezer until ready to serve.
- ☐ For the Red Wine Syrup: In a small saucepan, whisk together wine and sugar over high heat. Once all sugar is dissolved, let wine boil until it reduces in volume by half, bubbles begin to stack on each other, and the syrup reads 222°F on a candy thermometer.
- ☐ Transfer to a small container and chill in refrigerator until ready to serve.
- ☐ To Assemble: Spoon 1 to 2 tablespoons of wine syrup in the bottom of each bowl or cup. Scoop about 1/2 cup slushie base into a small work bowl, then stir in additional whiskey to each person's taste. Slushy base will remain semi-solid even with a generous amount of added alcohol.
- ☐ Serve with a spoon or a thick straw. You can also mix each slushy directly in its bowl or glass and then top with the syrup, but the presentation won't look quite as neat.

Nutrition Facts



Properties

Glycemic Index:59.55, Glycemic Load:77.94, Inflammation Score:-7, Nutrition Score:8.0873914529448%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Petunidin: 3.56mg, Petunidin: 3.56mg, Petunidin: 3.56mg, Petunidin: 3.56mg Delphinidin: 3.62mg, Delphinidin: 3.62mg, Delphinidin: 3.62mg, Delphinidin: 3.62mg Malvidin: 24.91mg, Malvidin: 24.91mg, Malvidin: 24.91mg, Malvidin: 24.91mg Peonidin: 2.25mg, Peonidin: 2.25mg, Peonidin: 2.25mg, Peonidin: 2.25mg Catechin: 12.85mg, Catechin: 12.85mg, Catechin: 12.85mg, Catechin: 12.85mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 6.82mg, Epicatechin: 6.82mg, Epicatechin: 6.82mg, Epicatechin: 6.82mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 7.44mg, Eriodictyol: 7.44mg, Eriodictyol: 7.44mg, Eriodictyol: 7.44mg Hesperetin: 23.2mg, Hesperetin: 23.2mg, Hesperetin: 23.2mg, Hesperetin: 23.2mg Naringenin: 5.29mg, Naringenin: 5.29mg, Naringenin: 5.29mg, Naringenin: 5.29mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 1080.5kcal (54.03%), Fat: 0.96g (1.47%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 221.34g (73.78%), Net Carbohydrates: 220.57g (80.21%), Sugar: 210.88g (234.31%), Cholesterol: 0mg (0%), Sodium: 996.82mg (43.34%), Alcohol: 36.62g (100%), Alcohol %: 5.71% (100%), Protein: 0.7g (1.41%), Vitamin C: 62.89mg (76.23%), Manganese: 0.27mg (13.53%), Potassium: 394.91mg (11.28%), Vitamin B1: 0.15mg (10.08%), Vitamin B6: 0.18mg (8.92%), Magnesium: 34.7mg (8.68%), Folate: 32.69µg (8.17%), Zinc: 1.13mg (7.56%), Iron: 1.04mg (5.78%), Vitamin B2: 0.1mg (5.73%), Calcium: 56.35mg (5.63%), Phosphorus: 56.06mg (5.61%), Copper: 0.09mg (4.62%), Selenium: 2.18µg (3.11%), Fiber: 0.78g (3.1%), Vitamin B3: 0.56mg (2.8%), Vitamin B5: 0.26mg (2.63%), Vitamin E: 0.24mg (1.58%)