



Whiskey Sours



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



149 kcal

BEVERAGE

DRINK

Ingredients



2 cups bourbon



33.8 ounce club soda chilled



12 servings ice cubes



6 ounce lemonade concentrate frozen thawed canned



6 ounce limeade concentrate frozen thawed canned



1 slices garnishes: orange



6 ounce orange juice concentrate frozen thawed canned



4.3 cups water

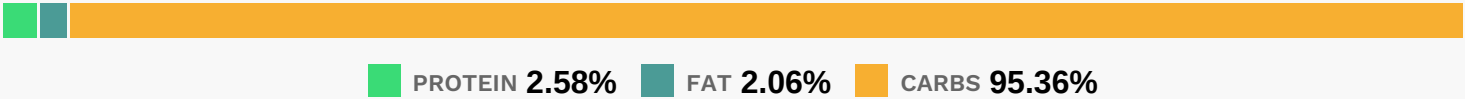
Equipment

Directions

- ☐
- Stir together concentrates, 4 1/3 cups water, and bourbon. Stir in club soda just before serving.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:4.79, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:2.4182609002227%

Flavonoids

Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 149.08kcal (7.45%), Fat: 0.14g (0.21%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 14.16g (4.72%), Net Carbohydrates: 13.94g (5.07%), Sugar: 12.51g (13.9%), Cholesterol: 0mg (0%), Sodium: 26.65mg (1.16%), Alcohol: 13.36g (100%), Alcohol %: 5.55% (100%), Protein: 0.38g (0.76%), Vitamin C: 23.47mg (28.45%), Folate: 12.4µg (3.1%), Vitamin B1: 0.05mg (3.03%), Potassium: 105.29mg (3.01%), Copper: 0.05mg (2.44%), Magnesium: 8.57mg (2.14%), Vitamin B6: 0.04mg (2.07%), Vitamin B2: 0.03mg (1.61%), Calcium: 15.36mg (1.54%), Phosphorus: 11.54mg (1.15%), Vitamin A: 56.35IU (1.13%)