

Beverage

Old-Fashioned

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Servings: 1

1/2 teaspoon sugar

3 dashes bitters

1 strip (1 inch) lemon rind

6 tablespoons bourbon

crushed ice

Place the sugar, bitters and lemon rind in a tall glass. Crush with the back of a spoon.

Add the bourbon. Stir to combine.

Fill the glass with crushed ice.

Yield: 1 1/3 cup serving

Per Serving (excluding unknown items): 221 Calories; trace Fat (0.7% calories from fat); trace Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Fruit; 0 Other Carbohydrates.