

## American Flag

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 1 ounce 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 2 ounces curacao blue
- ☐ 1 ounce grenadine syrup
- ☐ 2 ounces whipping cream (heavy)

## Equipment

## Directions

- ☐
- Chill cordial glasses, blue curaao and grenadine in freezer several hours before serving.
- ☐
- In cup or separate glass, mix grenadine and cranberry juice; stir well.
- ☐
- Pour equal amounts (about 1 tablespoon) into each cordial glass.
- ☐
- Into each glass, gently pour 1 tablespoon (1/2 ounce) blue curaao over back of a spoon onto grenadine mixture. Gently pour 1 tablespoon (1/2 ounce) whipping cream over back of spoon onto curaao.

### Nutrition Facts

PROTEIN

2%

FAT

53.71%

CARBS

44.29%

### Properties

Glycemic Index:39, Glycemic Load:5.22, Inflammation Score:-2, Nutrition Score:0.73086956499711%

### Nutrients (% of daily need)

Calories: 106.45kcal (5.32%), Fat: 5.13g (7.89%), Saturated Fat: 3.26g (20.38%), Carbohydrates: 9.51g (3.17%), Net Carbohydrates: 9.5g (3.46%), Sugar: 7.07g (7.86%), Cholesterol: 16.02mg (5.34%), Sodium: 5.88mg (0.26%), Alcohol: 4.25g (100%), Alcohol %: 12.67% (100%), Protein: 0.43g (0.86%), Vitamin A: 211.56IU (4.23%), Vitamin B2: 0.03mg (1.68%), Vitamin D: 0.23µg (1.51%), Vitamin E: 0.22mg (1.44%), Calcium: 10.35mg (1.03%)