

Berry Cordial

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



1682 kcal

BEVERAGE

DRINK

Ingredients

- 1 quart blackberries
- 1 cup sugar
- 1 quart vodka

Equipment

- sieve

Directions

- Pour the sugar into a 1 quart jar. Fill the remaining space with berries, but do not pack down. Fill the jar with vodka so that the berries are completely covered. Seal the jar.
- Let the jar stand for 2 months, shaking the jar every week. The sugar should dissolve, and the vodka will become colored.
- Strain the liquid through a metal sieve, and then through a coffee filter to remove the fruit.
- Pour into pretty bottles. Drink as a cordial, or use it to flavor lemonade or iced tea.

Nutrition Facts

PROTEIN 4.17%

FAT 3.77%

CARBS 92.06%

Properties

Glycemic Index:55.05, Glycemic Load:74.91, Inflammation Score:-10, Nutrition Score:29.60347841097%

Flavonoids

Cyanidin: 472.94mg, Cyanidin: 472.94mg, Cyanidin: 472.94mg, Cyanidin: 472.94mg Pelargonidin: 2.13mg, Pelargonidin: 2.13mg, Pelargonidin: 2.13mg, Pelargonidin: 2.13mg Peonidin: 0.99mg, Peonidin: 0.99mg, Peonidin: 0.99mg, Peonidin: 0.99mg Catechin: 175.36mg, Catechin: 175.36mg, Catechin: 175.36mg, Catechin: 175.36mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 22.05mg, Epicatechin: 22.05mg, Epicatechin: 22.05mg, Epicatechin: 22.05mg Epigallocatechin 3-gallate: 3.22mg, Epigallocatechin 3-gallate: 3.22mg, Epigallocatechin 3-gallate: 3.22mg, Epigallocatechin 3-gallate: 3.22mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Myricetin: 3.17mg, Myricetin: 3.17mg, Myricetin: 3.17mg, Myricetin: 3.17mg Quercetin: 16.94mg, Quercetin: 16.94mg, Quercetin: 16.94mg, Quercetin: 16.94mg

Nutrients (% of daily need)

Calories: 1681.5kcal (84.08%), Fat: 2.64g (4.06%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 145.07g (48.36%), Net Carbohydrates: 119.99g (43.63%), Sugar: 122.89g (136.55%), Cholesterol: 0mg (0%), Sodium: 10.46mg (0.45%), Alcohol: 158.04g (100%), Alcohol %: 19.14% (100%), Protein: 6.58g (13.15%), Manganese: 3.06mg (153.04%), Vitamin C: 99.37mg (120.44%), Fiber: 25.08g (100.31%), Vitamin K: 93.69µg (89.23%), Copper: 0.84mg (41.75%), Vitamin E: 5.54mg (36.91%), Folate: 118.29µg (29.57%), Magnesium: 94.64mg (23.66%), Potassium: 773.28mg (22.09%), Vitamin A: 1012.6IU (20.25%), Iron: 3.03mg (16.84%), Zinc: 2.52mg (16.79%), Vitamin B3: 3.06mg (15.28%), Calcium: 138.22mg (13.82%), Vitamin B5: 1.31mg (13.06%), Phosphorus: 127.76mg (12.78%), Vitamin B2: 0.18mg (10.3%), Vitamin B1: 0.12mg (7.89%), Vitamin B6: 0.14mg (7.1%), Selenium: 2.49µg (3.56%)