

Blueberry Liquor



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



16

CALORIES



107 kcal

BEVERAGE

DRINK

Ingredients

- 12 ounce blueberries frozen thawed
- 0.5 lemon zest
- 0.8 cup simple syrup glaze
- 1.5 cups vodka

Equipment

- bowl
- cheesecloth
- canning jar

Directions

- Mash thawed blueberries with a fork in a bowl, then place into a 1-quart canning jar.
- Add the lemon zest, cloves, and vodka.
- Seal the jar tightly with its lid and place in a cool, dark place. Allow the vodka to stand for 3 months, shaking the jar gently every few days.
- After 3 months, strain out the blueberries, and filter the vodka through cheesecloth into another 1-quart jar.
- Pour in the simple syrup, seal the jar tightly with its lid, and shake until the syrup has dissolved.
- Again place into a cool, dark place, and age for at least a month. When ready to bottle, filter again through cheesecloth, then pour into a decorative bottle of your choice.

Nutrition Facts

PROTEIN 1.07% **FAT 1.06%** **CARBS 97.87%**

Properties

Glycemic Index:3.44, Glycemic Load:1.03, Inflammation Score:-1, Nutrition Score:1.1152173844369%

Flavonoids

Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg Petunidin: 6.7mg, Petunidin: 6.7mg, Petunidin: 6.7mg, Petunidin: 6.7mg Delphinidin: 7.53mg, Delphinidin: 7.53mg, Delphinidin: 7.53mg, Delphinidin: 7.53mg Malvidin: 14.37mg, Malvidin: 14.37mg, Malvidin: 14.37mg, Malvidin: 14.37mg Peonidin: 4.31mg, Peonidin: 4.31mg, Peonidin: 4.31mg, Peonidin: 4.31mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 106.68kcal (5.33%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 14.67g (4.89%), Net Carbohydrates: 14.14g (5.14%), Sugar: 13.69g (15.21%), Cholesterol: 0mg (0%), Sodium: 9.61mg (0.42%), Alcohol: 7.51g (100%), Alcohol %: 15.94% (100%), Protein: 0.16g (0.32%), Vitamin K: 4.1µg (3.91%), Manganese: 0.07mg (3.57%), Iron: 0.63mg (3.51%), Vitamin C: 2.3mg (2.79%), Fiber: 0.53g (2.12%), Vitamin B1: 0.03mg (1.98%), Vitamin

B2: 0.02mg (1.17%)