



Blueberry-Spice Cordial

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



1032 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce blueberries frozen thawed
- 3 cups brandy
- 3 inch cinnamon
- 1 nutmeg whole cut in half
- 1.5 cups sugar
- 0.5 cup water

Equipment

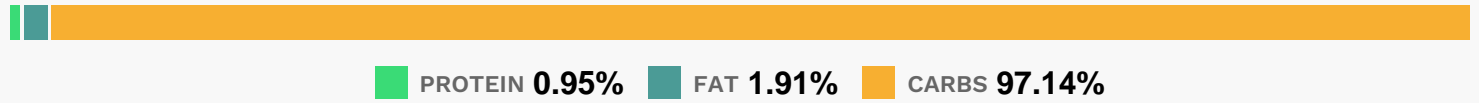
- sauce pan

- sieve
- cheesecloth

Directions

- Combine first 6 ingredients in a medium saucepan; cook over medium-high heat until sugar dissolves. Bring to a boil; reduce heat, and simmer 5 minutes.
- Remove from heat, and let cool.
- Pour blueberry mixture into a 2-quart jar.
- Add brandy; stir well. Cover tightly, and store in a dark place at room temperature at least 2 weeks. Shake jar gently once daily.
- Pour mixture through a wire-mesh strainer lined with 2 layers of cheesecloth into jars, discarding solids. Cover tightly. Store at room temperature.
- Use in beverages, or serve with apple wedges or gingersnaps.

Nutrition Facts



Properties

Glycemic Index:66.7, Glycemic Load:77.28, Inflammation Score:-8, Nutrition Score:6.850869593413%

Flavonoids

Cyanidin: 12.79mg, Cyanidin: 12.79mg, Cyanidin: 12.79mg, Cyanidin: 12.79mg Petunidin: 47.67mg, Petunidin: 47.67mg, Petunidin: 47.67mg, Petunidin: 47.67mg Delphinidin: 53.57mg, Delphinidin: 53.57mg, Delphinidin: 53.57mg, Delphinidin: 53.57mg Malvidin: 102.19mg, Malvidin: 102.19mg, Malvidin: 102.19mg, Malvidin: 102.19mg Peonidin: 30.68mg, Peonidin: 30.68mg, Peonidin: 30.68mg, Peonidin: 30.68mg Catechin: 8mg, Catechin: 8mg, Catechin: 8mg, Catechin: 8mg Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg, Epicatechin: 0.94mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.51mg, Kaempferol: 2.51mg, Kaempferol: 2.51mg, Kaempferol: 2.51mg Myricetin: 1.97mg, Myricetin: 1.97mg, Myricetin: 1.97mg, Myricetin: 1.97mg Quercetin: 11.6mg, Quercetin: 11.6mg, Quercetin: 11.6mg, Quercetin: 11.6mg Gallic acid: 0.18mg, Gallic acid: 0.18mg, Gallic acid: 0.18mg, Gallic acid: 0.18mg

Nutrients (% of daily need)

Calories: 1031.55kcal (51.58%), Fat: 1.07g (1.65%), Saturated Fat: 0.22g (1.37%), Carbohydrates: 122.66g (40.89%), Net Carbohydrates: 118.36g (43.04%), Sugar: 115.07g (127.86%), Cholesterol: 0mg (0%), Sodium: 7.09mg (0.31%),

Alcohol: 80.16g (100%), Alcohol %: 19.09% (100%), Protein: 1.2g (2.4%), Manganese: 0.75mg (37.46%), Vitamin K: 29.49µg (28.09%), Vitamin C: 14.72mg (17.85%), Fiber: 4.3g (17.19%), Copper: 0.16mg (8.01%), Vitamin E: 0.88mg (5.9%), Vitamin B2: 0.09mg (5.38%), Vitamin B1: 0.07mg (4.86%), Vitamin B6: 0.08mg (4.18%), Iron: 0.67mg (3.74%), Potassium: 129.87mg (3.71%), Vitamin B3: 0.69mg (3.43%), Phosphorus: 29.8mg (2.98%), Magnesium: 11.29mg (2.82%), Zinc: 0.38mg (2.56%), Folate: 9.64µg (2.41%), Calcium: 22.5mg (2.25%), Vitamin B5: 0.19mg (1.91%), Vitamin A: 85.28IU (1.71%), Selenium: 0.79µg (1.13%)