



Blueberry Thrill



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



71 min.

SERVINGS



8

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups blueberries
- ☐ 3 cardamom pods
- ☐ 1.5 cups hendrick's gin dry
- ☐ 8 servings ice cubes crushed
- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.5 cup sugar
- ☐ 0.8 cup water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ potato masher

Directions

- ☐ Place 2 cups blueberries in a large, heavy stainless-steel saucepan; mash with a fork or potato masher.
- ☐ Place over medium-high heat, and cook 3 minutes or until berries begin to release juice.
- ☐ Remove from heat; add gin. Cover and let stand at least for 1 hour or up to overnight. Strain mixture through a sieve into a bowl, pressing berries with the back of a spoon to remove as much juice as possible; discard solids.
- ☐ Combine 3/4 cup water, sugar, and cardamom pods in a small saucepan; bring to a boil. Cook 2 minutes or until sugar dissolves. Cool completely; discard cardamom pods.
- ☐ To serve, add the ice to a cocktail shaker to come halfway up sides of container.
- ☐ Add 1/4 cup blueberry-gin, 1 1/2 tablespoons cardamom syrup, and 1 tablespoon lemon juice; shake until chilled. Strain cocktail into a chilled martini glass.
- ☐ Garnish with additional blueberries, if desired.
- ☐ Serve immediately. Repeat procedure with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:10.53, Inflammation Score:-3, Nutrition Score:2.5339130202065%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.74mg,

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Nutrients (% of daily need)

Calories: 178.85kcal (8.94%), Fat: 0.25g (0.38%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 18.24g (6.63%), Sugar: 16.54g (18.38%), Cholesterol: 0mg (0%), Sodium: 2.39mg (0.1%), Alcohol: 15.03g (100%), Alcohol %: 14.25% (100%), Protein: 0.41g (0.82%), Manganese: 0.34mg (17.24%), Vitamin C: 9.65mg (11.69%), Vitamin K: 7.14µg (6.8%), Fiber: 1.14g (4.58%), Copper: 0.04mg (2.02%), Vitamin E: 0.23mg (1.56%), Potassium: 53.74mg (1.54%), Vitamin B1: 0.02mg (1.44%), Vitamin B6: 0.03mg (1.42%), Iron: 0.24mg (1.36%), Vitamin B2: 0.02mg (1.35%), Folate: 5.27µg (1.32%), Magnesium: 5.08mg (1.27%)