



Bourbon Candied Cherries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



4320 min.

SERVINGS



12

CALORIES



295 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 pounds bing cherries fresh with stems
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 cup rye whiskey
- ☐ 1 cup sugar
- ☐ 0.3 cup water

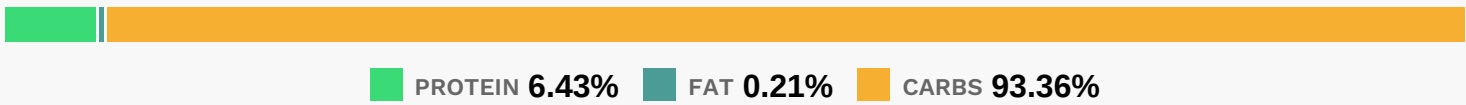
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place the cherries in a medium glass bowl or large jar.
- ☐ Combine sugar, juice, and 1/4 cup water in a small saucepan; bring to a boil. Reduce heat to medium; cook for 5 minutes, stirring to dissolve sugar.
- ☐ Add 1 cup bourbon; bring just to a boil.
- ☐ Pour the hot bourbon mixture over cherries. Cool completely. Cover and refrigerate at least 3 days before serving.

Nutrition Facts



Properties

Glycemic Index:7.09, Glycemic Load:11.64, Inflammation Score:-8, Nutrition Score:3.3482608850236%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 295.32kcal (14.77%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0%), Carbohydrates: 58.54g (19.51%), Net Carbohydrates: 53.18g (19.34%), Sugar: 46.12g (51.24%), Cholesterol: 0mg (0%), Sodium: 9.62mg (0.42%), Alcohol: 7.08g (100%), Alcohol %: 8.57% (100%), Protein: 4.03g (8.06%), Vitamin A: 2016.18IU (40.32%), Fiber: 5.36g (21.45%), Calcium: 52.28mg (5.23%), Iron: 0.94mg (5.2%), Vitamin C: 2.02mg (2.44%)