



Brandied Cherries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



1421 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup brandy
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.8 cup sugar
- ☐ 1 lb cherries dark fresh sweet pitted
- ☐ 0.8 cup water
- ☐ 1 jar frangelico with tight-fitting lid (1-quart)

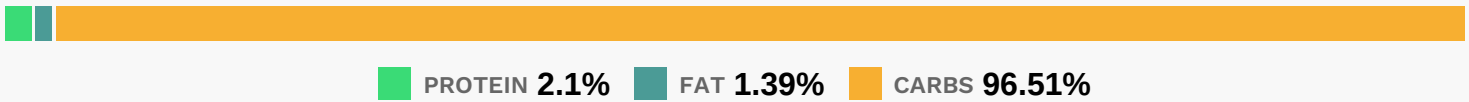
Equipment

- ☐ sauce pan

Directions

- ☐ In 2-quart saucepan, mix sugar, water and lemon juice.
- ☐ Heat to boiling. Reduce heat to low; simmer 8 to 10 minutes or until mixture slightly reduces and thickens.
- ☐ Remove from heat. Stir in brandy and pitted cherries.
- ☐ Transfer cherries and liquid to jar (liquid should cover cherries completely). Cover with lid; seal tightly. Cool completely, about 3 hours.
- ☐ Store in refrigerator 4 to 6 weeks before serving.

Nutrition Facts



Properties

Glycemic Index:107.09, Glycemic Load:118.59, Inflammation Score:-8, Nutrition Score:11.400869597559%

Flavonoids

Cyanidin: 137.03mg, Cyanidin: 137.03mg, Cyanidin: 137.03mg, Cyanidin: 137.03mg Pelargonidin: 1.22mg, Pelargonidin: 1.22mg, Pelargonidin: 1.22mg, Pelargonidin: 1.22mg Peonidin: 6.8mg, Peonidin: 6.8mg, Peonidin: 6.8mg, Peonidin: 6.8mg Catechin: 19.78mg, Catechin: 19.78mg, Catechin: 19.78mg, Catechin: 19.78mg Epigallocatechin: 1.54mg, Epigallocatechin: 1.54mg, Epigallocatechin: 1.54mg, Epigallocatechin: 1.54mg Epicatechin: 22.68mg, Epicatechin: 22.68mg, Epicatechin: 22.68mg, Epicatechin: 22.68mg Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 10.44mg, Quercetin: 10.44mg, Quercetin: 10.44mg, Quercetin: 10.44mg

Nutrients (% of daily need)

Calories: 1420.96kcal (71.05%), Fat: 1.42g (2.19%), Saturated Fat: 0.18g (1.11%), Carbohydrates: 223.01g (74.34%), Net Carbohydrates: 213.44g (77.61%), Sugar: 208.14g (231.26%), Cholesterol: 0mg (0%), Sodium: 12.92mg (0.56%), Alcohol: 80.16g (100%), Alcohol %: 9.81% (100%), Protein: 4.86g (9.72%), Vitamin C: 37.56mg (45.52%), Fiber: 9.57g (38.28%), Potassium: 1030.23mg (29.44%), Manganese: 0.37mg (18.43%), Copper: 0.36mg (18.19%), Magnesium: 52.57mg (13.14%), Vitamin B6: 0.23mg (11.58%), Vitamin B2: 0.19mg (11.18%), Phosphorus: 106.05mg (10.61%), Iron: 1.82mg (10.09%), Vitamin B1: 0.14mg (9.36%), Vitamin B5: 0.92mg (9.22%), Vitamin K: 9.53µg (9.07%), Calcium:

66.69mg (6.67%), Vitamin A: 291.2IU (5.82%), Folate: 21.14µg (5.29%), Vitamin B3: 0.74mg (3.72%), Zinc: 0.45mg (3.03%), Vitamin E: 0.34mg (2.27%), Selenium: 0.92µg (1.31%)