

Cherry Smash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



392 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup bing cherries fresh pitted
- ☐ 1 cup ice cubes
- ☐ 0.3 cup kirsch liqueur (clear cherry brandy)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon cherry heering liqueur
- ☐ 0.3 cup orange curaao
- ☐ 0.3 cup sugar
- ☐ 6 tablespoons courvoisier

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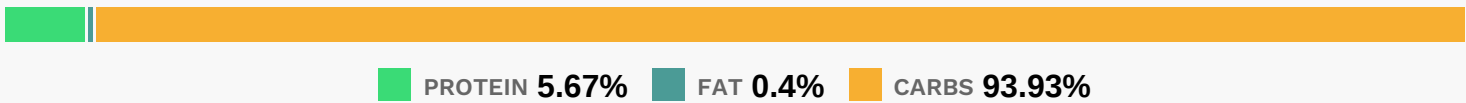
Equipment

☐ bowl

Directions

- ☐ Combine cherries, kirsch, and sugar in medium bowl; stir to blend.
- ☐ Let stand at room temperature 24 hours, stirring occasionally. (Brandied cherries can be made 2 weeks ahead. Cover and chill.)
- ☐ Place 2 Martini glasses in freezer and chill at least 2 hours.
- ☐ Place 3 brandied cherries in each of 2 chilled glasses; crush cherries with back of spoon.
- ☐ Combine ice cubes, Cognac, orange curaao, lemon juice, and cherry liqueur in cocktail shaker. Shake well, strain into Martini glasses with cherries, and serve.

Nutrition Facts



Properties

Glycemic Index:63.8, Glycemic Load:18.35, Inflammation Score:-9, Nutrition Score:5.120434810286%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 8.3mg, Hesperetin: 8.3mg, Hesperetin: 8.3mg, Hesperetin: 8.3mg Naringenin: 3.65mg, Naringenin: 3.65mg, Naringenin: 3.65mg, Naringenin: 3.65mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 391.73kcal (19.59%), Fat: 0.14g (0.22%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 75.21g (25.07%), Net Carbohydrates: 68.92g (25.06%), Sugar: 61.19g (67.99%), Cholesterol: 0mg (0%), Sodium: 16.31mg (0.71%), Alcohol: 13.05g (100%), Alcohol %: 5.93% (100%), Protein: 4.54g (9.09%), Vitamin A: 2203.04IU (44.06%), Fiber: 6.29g (25.15%), Vitamin C: 17.77mg (21.55%), Calcium: 68.24mg (6.82%), Iron: 1.04mg (5.78%), Folate: 9.75µg (2.44%), Copper: 0.04mg (1.98%), Vitamin B1: 0.03mg (1.66%), Potassium: 57.28mg (1.64%), Magnesium: 4.33mg (1.08%), Vitamin B6: 0.02mg (1.03%), Vitamin B2: 0.02mg (1.01%)