

Cherry Vodka



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



2005 kcal

BEVERAGE

DRINK

Ingredients



1.1 lb blackcurrants fresh sour black (or currants or jagody)



1 tbsp sugar



25 oz vodka

Equipment



bowl



ladle



sieve

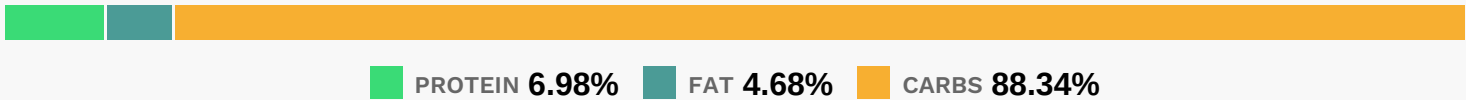


cheesecloth

Directions

- ☐ Pit and halve the cherries. As in all vodka recipes, it is important that the flesh of the fruit be somehow exposed.
- ☐ Fill a jar with the cherries, but do not pack it.
- ☐ Pour the vodka on top and seal tightly. Leave in a dark place, preferably for at least 2 weeks—or up to 6 months. At the end of that time, open the jar and strain. If you have a very fine-mesh strainer, that will do. If not, use an ordinary strainer lined with a cheesecloth or even a coffee filter. Set the strainer over a large bowl, ideally one from which you'll be able to easily pour afterward.
- ☐ Pour the vodka mixture through the strainer and allow the fruit to sit, seeping liquid, for a good hour or so, stirring a bit and pressing if need be to make the liquid go through.
- ☐ Now taste the vodka.
- ☐ Add sugar if you want an after-dinner liqueur, or leave it out if you want something sharper.
- ☐ Pour (or ladle) into a decorative bottle.
- ☐ From From a Polish Country House Kitchen by Anne Applebaum & Danielle Crittenden, © 2012 Chronicle Books

Nutrition Facts



Properties

Glycemic Index:85.09, Glycemic Load:8.38, Inflammation Score:-10, Nutrition Score:22.7599999942844%

Flavonoids

Cyanidin: 318.73mg, Cyanidin: 318.73mg, Cyanidin: 318.73mg, Cyanidin: 318.73mg Petunidin: 19.75mg, Petunidin: 19.75mg, Petunidin: 19.75mg, Petunidin: 19.75mg Delphinidin: 457.32mg, Delphinidin: 457.32mg, Delphinidin: 457.32mg, Delphinidin: 457.32mg Pelargonidin: 5.97mg, Pelargonidin: 5.97mg, Pelargonidin: 5.97mg, Pelargonidin: 5.97mg Peonidin: 3.37mg, Peonidin: 3.37mg, Peonidin: 3.37mg, Peonidin: 3.37mg Catechin: 3.57mg, Catechin: 3.57mg, Catechin: 3.57mg, Catechin: 3.57mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg, Kaempferol: 3.62mg Myricetin: 31.54mg, Myricetin: 31.54mg, Myricetin: 31.54mg, Myricetin: 31.54mg Quercetin: 22.71mg, Quercetin: 22.71mg, Quercetin: 22.71mg, Quercetin: 22.71mg

Nutrients (% of daily need)

Calories: 2004.87kcal (100.24%), Fat: 2.13g (3.28%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 90.43g (30.14%), Net Carbohydrates: 90.43g (32.89%), Sugar: 11.98g (13.31%), Cholesterol: 0mg (0%), Sodium: 17.41mg (0.76%), Alcohol: 236.72g (100%), Alcohol %: 24.37% (100%), Protein: 7.14g (14.29%), Vitamin C: 923.63mg (1119.55%), Manganese: 1.31mg (65.34%), Potassium: 1650.47mg (47.16%), Iron: 7.94mg (44.09%), Vitamin E: 5.1mg (34.02%), Phosphorus: 336.51mg (33.65%), Magnesium: 122.47mg (30.62%), Calcium: 280.78mg (28.08%), Copper: 0.51mg (25.53%), Vitamin A: 1173.67IU (23.47%), Vitamin B5: 2.03mg (20.31%), Vitamin B1: 0.29mg (19.37%), Vitamin B2: 0.31mg (18.06%), Vitamin B6: 0.34mg (16.84%), Zinc: 1.38mg (9.19%), Vitamin B3: 1.53mg (7.65%)