

Cranberry Cobbler



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



270 kcal

DESSERT

Ingredients

- ☐ 1 cup cranberries fresh
- ☐ 0.5 cup sherry (such as Lustau East India Solera)
- ☐ 1.5 cups hendrick's gin dry (such as Beefeater or Tanqueray)
- ☐ 1 optional: lemon cut into wedges
- ☐ 6 mint leaves
- ☐ 0.5 cranberry-orange relish sliced into thin rounds
- ☐ 0.8 cup sugar

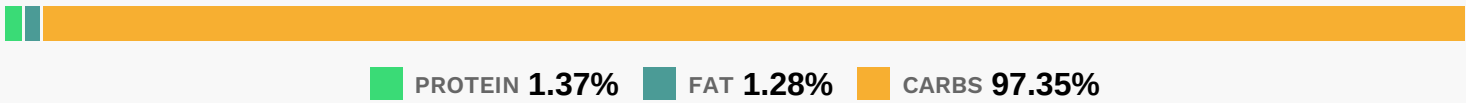
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring sugar and 3/4 cup water to a boil in a medium saucepan; stir until sugar is dissolved.
- ☐ Remove from heat.
- ☐ Pour off all but 1 cup simple syrup; refrigerate remaining syrup for another use.
- ☐ Heat syrup in pan almost to a boil; reduce heat to medium.
- ☐ Add cranberries and simmer until they just begin to burst, 2–3 minutes.
- ☐ Let cool in syrup.
- ☐ Place 2 tablespoons drained cranberries and 6 tablespoons cranberry syrup in a large pitcher.
- ☐ Add lemon wedges and orange slices. Using a muddler or wooden spoon, vigorously mash fruit. Stir in gin and Sherry.
- ☐ Let steep for 5 minutes.
- ☐ Strain into a medium pitcher. Fill 3 glasses with crushed ice.
- ☐ Pour half of mixture into a cocktail shaker. Fill with ice; shake vigorously for 10 seconds. Strain into prepared glasses, then mound with more crushed ice.
- ☐ Garnish each with a mint sprig and 3 cranberries. Repeat to make 3 more cocktails.
- ☐ Omit gin and Sherry and add 1/4 cup tonic or spicy ginger ale.

Nutrition Facts



Properties

Glycemic Index:35.52, Glycemic Load:18.9, Inflammation Score:-4, Nutrition Score:2.5043478167575%

Flavonoids

Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg

Catechin: 0.22mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 4.15mg, Eriodictyol: 4.15mg, Eriodictyol: 4.15mg, Eriodictyol: 4.15mg Hesperetin: 8.18mg, Hesperetin: 8.18mg, Hesperetin: 8.18mg, Hesperetin: 8.18mg Naringenin: 1.85mg, Naringenin: 1.85mg, Naringenin: 1.85mg, Naringenin: 1.85mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg, Myricetin: 1.21mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 269.97kcal (13.5%), Fat: 0.18g (0.27%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 30.53g (10.18%), Net Carbohydrates: 29.09g (10.58%), Sugar: 27.32g (30.36%), Cholesterol: 0mg (0%), Sodium: 2.85mg (0.12%), Alcohol: 22.1g (100%), Alcohol %: 18.48% (100%), Protein: 0.43g (0.86%), Vitamin C: 18mg (21.82%), Fiber: 1.45g (5.78%), Manganese: 0.12mg (5.75%), Potassium: 79.52mg (2.27%), Vitamin B6: 0.04mg (2.12%), Copper: 0.04mg (1.97%), Vitamin E: 0.27mg (1.78%), Folate: 6.76µg (1.69%), Iron: 0.3mg (1.66%), Vitamin A: 81IU (1.62%), Vitamin B1: 0.02mg (1.61%), Magnesium: 6.33mg (1.58%), Calcium: 14.86mg (1.49%), Vitamin B2: 0.02mg (1.42%), Phosphorus: 12.97mg (1.3%), Vitamin B5: 0.12mg (1.23%)