



Cranberry Crush



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



1

CALORIES



586 kcal

BEVERAGE

DRINK

Ingredients



1 dash angostura bitters



1 cinnamon sticks



16 cranberries



1 inch ginger fresh chopped



1.5 ounces hendrick's gin



1 serving ice cubes



3 lime whole



0.8 ounce juice of lime freshly squeezed

- ☐ 1 dash orange bitters
- ☐ 0.5 ounce cranberries
- ☐ 0.5 cup sugar
- ☐ 1 cup water

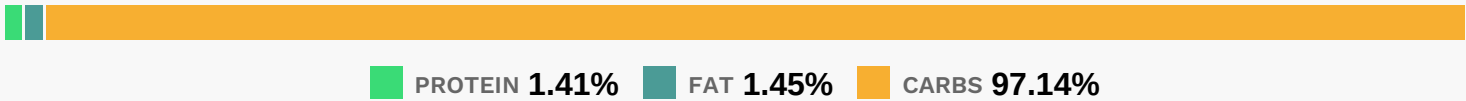
Equipment

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ For the cranberry syrup: combine sugar, water, cranberries, and cinnamon stick in a small saucepan over medium heat, stirring frequently. Cook until sugar dissolves and cranberries soften and pop. Mash cranberries slightly.
- ☐ Let cool. Strain with a fine-mesh strainer and keep sealed in the refrigerator.
- ☐ For the cocktail: Muddle cranberries, ginger, and cranberry syrup in the bottom of a cocktail shaker until cranberries have popped. Fill shaker with ice.
- ☐ Add bitters, gin, amaro, and lime. Shake well until chilled. Double strain into cocktail glass, top with splash of tonic, whole cranberries, and lime twist.

Nutrition Facts



Properties

Glycemic Index:227.09, Glycemic Load:76.12, Inflammation Score:-6, Nutrition Score:11.219565059828%

Flavonoids

Cyanidin: 14.01mg, Cyanidin: 14.01mg, Cyanidin: 14.01mg, Cyanidin: 14.01mg Delphinidin: 2.31mg, Delphinidin: 2.31mg, Delphinidin: 2.31mg, Delphinidin: 2.31mg Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 14.83mg, Peonidin: 14.83mg, Peonidin: 14.83mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate:

0.29mg Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 88.34mg, Hesperetin: 88.34mg, Hesperetin: 88.34mg, Hesperetin: 88.34mg Naringenin: 6.91mg, Naringenin: 6.91mg, Naringenin: 6.91mg, Naringenin: 6.91mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 2mg, Myricetin: 2mg, Myricetin: 2mg, Myricetin: 2mg Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg, Quercetin: 5.39mg

Nutrients (% of daily need)

Calories: 586.49kcal (29.32%), Fat: 0.87g (1.34%), Saturated Fat: 0.07g (0.47%), Carbohydrates: 131.1g (43.7%), Net Carbohydrates: 122.3g (44.47%), Sugar: 105.3g (117%), Cholesterol: 0mg (0%), Sodium: 22.36mg (0.97%), Alcohol: 15.1g (100%), Alcohol %: 2.73% (100%), Protein: 1.9g (3.8%), Vitamin C: 69.58mg (84.34%), Manganese: 0.77mg (38.38%), Fiber: 8.8g (35.19%), Copper: 0.24mg (12.19%), Calcium: 117.69mg (11.77%), Iron: 1.69mg (9.42%), Potassium: 301.02mg (8.6%), Vitamin E: 0.99mg (6.58%), Vitamin B6: 0.13mg (6.44%), Magnesium: 23.61mg (5.9%), Vitamin B5: 0.58mg (5.78%), Vitamin B1: 0.07mg (4.95%), Phosphorus: 48.8mg (4.88%), Folate: 19.49µg (4.87%), Vitamin B2: 0.07mg (4.35%), Vitamin K: 3.94µg (3.75%), Vitamin B3: 0.57mg (2.84%), Vitamin A: 139.56IU (2.79%), Zinc: 0.41mg (2.73%), Selenium: 1.61µg (2.3%)