



Cranberry Ice Aperitif



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



68 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 750 ml sparkling apple cider chilled
- ☐ 1 cup cranberries fresh
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon lemon zest grated
- ☐ 12 servings mint sprigs fresh rinsed
- ☐ 0.5 cup sugar

Equipment

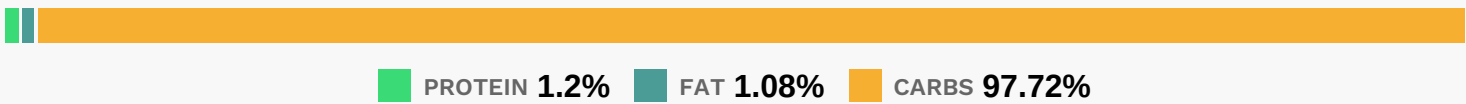
- ☐ frying pan

- ☐ blender
- ☐ loaf pan
- ☐ spatula

Directions

- ☐ Sort cranberries, discarding any bruised or decayed fruit; rinse and drain berries. In a 1- to 2-quart pan over high heat, bring cranberries and 1/2 cup water to a boil. Reduce heat and simmer, uncovered, until skins pop on berries, about 10 minutes.
- ☐ Add sugar and stir until dissolved.
- ☐ Remove from heat.
- ☐ Stir in 1/2 cup cold water, lemon peel, and lemon juice. In a blender, whirl half the mixture at a time until smooth.
- ☐ Pour pure into a 9- by 5-inch loaf pan. Freeze until solid, at least 3 hours or up to 1 week (cover when solid).
- ☐ Cut cranberry ice into 1-inch cubes. With a wide spatula, lift cubes out of pan and drop three into each Champagne flute or wineglass.
- ☐ Pour 1/4 to 1/3 cup wine over cubes.
- ☐ Garnish each glass with a mint sprig and serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.59, Glycemic Load:6.13, Inflammation Score:-2, Nutrition Score:0.90565217448317%

Flavonoids

Cyanidin: 3.87mg, Cyanidin: 3.87mg, Cyanidin: 3.87mg, Cyanidin: 3.87mg Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.1mg, Peonidin: 4.1mg, Peonidin: 4.1mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate:

0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 67.52kcal (3.38%), Fat: 0.05g (0.08%), Saturated Fat: 0g (0.02%), Carbohydrates: 10.29g (3.43%), Net Carbohydrates: 9.89g (3.6%), Sugar: 9.43g (10.48%), Cholesterol: 0mg (0%), Sodium: 4.95mg (0.22%), Alcohol: 3.99g (100%), Alcohol %: 6.21% (100%), Protein: 0.13g (0.25%), Vitamin C: 2.18mg (2.65%), Manganese: 0.04mg (2.11%), Potassium: 68.94mg (1.97%), Magnesium: 7.63mg (1.91%), Iron: 0.33mg (1.81%), Fiber: 0.4g (1.61%), Phosphorus: 11.12mg (1.11%)