



Cranberry-Infused Moonshine



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



15

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup cranberries fresh
- ☐ 2 strips orange rind (2- x 1-inch)
- ☐ 0.3 cup sugar
- ☐ 3 tablespoons water
- ☐ 750 milliliter moonshine
- ☐ 750 milliliter moonshine

Equipment

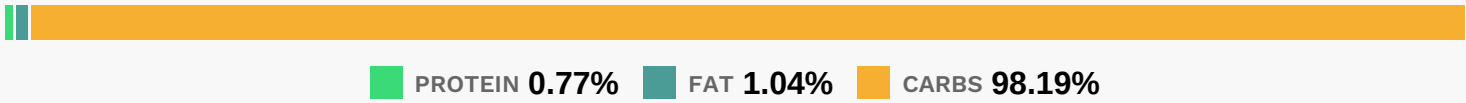
- ☐ bowl

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Cook cranberries, sugar, and water in a saucepan over medium heat 5 minutes or until sugar dissolves, liquid begins to turn a light pink color, and cranberries just begin to pop.
- ☐ Let cool slightly (about 10 minutes).
- ☐ Pour mixture into a large glass jar; stir in moonshine and orange rind strips.
- ☐ Let stand at room temperature 3 days.
- ☐ Pour through a fine-wire mesh strainer into a bowl; discard solids. Return moonshine mixture to jar. Store in refrigerator up to 2 months.
- ☐ Note: We tested with Junior Johnson's Midnight Moon Carolina Moonshine (piedmontdistillers.com).

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:2.58, Inflammation Score:-1, Nutrition Score:0.26478260941803%

Flavonoids

Cyanidin: 3.1mg, Cyanidin: 3.1mg, Cyanidin: 3.1mg, Cyanidin: 3.1mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.28mg, Peonidin: 3.28mg, Peonidin: 3.28mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 16.03kcal (0.8%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 3.9g (1.42%), Sugar: 3.61g (4.01%), Cholesterol: 0mg (0%), Sodium: 0.32mg (0.01%), Alcohol: 0g (0%)

(100%), Alcohol %: 0% (100%), Protein: 0.03g (0.07%), Vitamin C: 1.11mg (1.35%), Manganese: 0.02mg (1.21%), Fiber: 0.25g (1.02%)