

Cranberry Liqueur



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



420 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 ounce cranberries fresh
- ☐ 2 cups sugar
- ☐ 3 cups vodka
- ☐ 1 cup water

Equipment

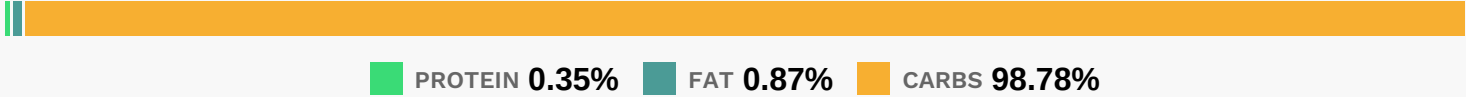
- ☐ food processor
- ☐ bowl
- ☐ sauce pan

- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Combine sugar and water in a medium saucepan; cook over medium heat 5 minutes or until sugar dissolves, stirring constantly.
- ☐ Remove from heat, and cool completely.
- ☐ Place cranberries in a food processor; process 2 minutes or until finely chopped.
- ☐ Combine sugar mixture and cranberries in a large bowl; stir in vodka.
- ☐ Pour the vodka mixture into clean jars; secure with lids.
- ☐ Let stand 3 weeks in a cool, dark place, shaking every other day.
- ☐ Strain the cranberry mixture through a cheesecloth-lined sieve into a bowl, and discard solids. Carefully pour liqueur into clean bottles or jars.
- ☐ Note: Liqueur can be stored refrigerated or at room temperature for up to a year.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:36.51, Inflammation Score:-4, Nutrition Score:1.6926086765269%

Flavonoids

Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg, Cyanidin: 19.74mg Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg, Quercetin: 6.31mg

Nutrients (% of daily need)

Calories: 419.96kcal (21%), Fat: 0.22g (0.33%), Saturated Fat: 0g (0.02%), Carbohydrates: 54.9g (18.3%), Net Carbohydrates: 53.37g (19.41%), Sugar: 51.72g (57.46%), Cholesterol: 0mg (0%), Sodium: 3.73mg (0.16%), Alcohol: 30.06g (100%), Alcohol %: 17.96% (100%), Protein: 0.2g (0.39%), Manganese: 0.16mg (7.75%), Vitamin C: 5.95mg (7.22%), Fiber: 1.53g (6.12%), Vitamin E: 0.56mg (3.74%), Copper: 0.04mg (2.05%), Vitamin K: 2.13µg (2.02%), Vitamin B2: 0.02mg (1.43%), Vitamin B5: 0.13mg (1.25%), Vitamin B6: 0.02mg (1.21%), Potassium: 35.92mg (1.03%)