

Cranberry-Mint Infusions

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



30

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups cranberries
- 2 cups mint leaves fresh
- 2 tablespoons juice of lemon freshly squeezed
- 0.8 cup limoncello (see Notes)
- 12 mint leaves
- 1 cup sugar
- 1.5 cups vodka
- 4 cups water boiling

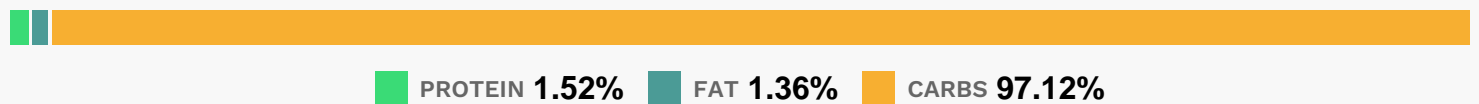
Equipment

- bowl
- sauce pan

Directions

- Put mint leaves in a large heatproof bowl.
- Pour boiling water over mint and let steep 10 minutes. Strain into a pitcher or another bowl and let the mint tea cool to room temperature.
- Meanwhile, in a small saucepan over medium-high heat, bring cranberries, sugar, and 1 cup water to a boil.
- Remove from heat and let cool to room temperature. Strain the cranberry syrup into another pitcher or bowl.
- For each cocktail, combine 1/3 cup mint tea, 2 tbsp. cranberry syrup, 1 tbsp. limoncello, 2 tbsp. vodka, and 1/2 tsp. lemon juice in a cocktail shaker full of ice. Shake vigorously and strain into a martini glass.
- Garnish with a sprig of mint.

Nutrition Facts



Properties

Glycemic Index:4.34, Glycemic Load:4.91, Inflammation Score:-2, Nutrition Score:0.90347826901985%

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, 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 Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.01mg

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg 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: 80.49kcal (4.02%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 10.3g (3.43%), Net Carbohydrates: 9.79g (3.56%), Sugar: 9.23g (10.26%), Cholesterol: 0mg (0%), Sodium: 2.96mg (0.13%), Alcohol: 5.9g (100%), Alcohol %: 11.13% (100%), Protein: 0.16g (0.32%), Manganese: 0.06mg (3.22%), Vitamin A: 148.49IU (2.97%), Vitamin C: 2.4mg (2.91%), Fiber: 0.51g (2.06%), Copper: 0.02mg (1.09%), Iron: 0.19mg (1.07%), Folate: 4.14µg (1.04%)