



Cranberry-Whiskey Sour Slush

 Vegetarian  Vegan  Dairy Free

READY IN



496 min.

SERVINGS



8

CALORIES



216 kcal

DESSERT

Ingredients

- 1.3 cups proof bourbon
- 1 pound cranberries fresh
- 1 cup granulated sugar
- 3 tablespoons juice of lemon fresh
- 1 Dash salt
- 1.5 cups water

Equipment

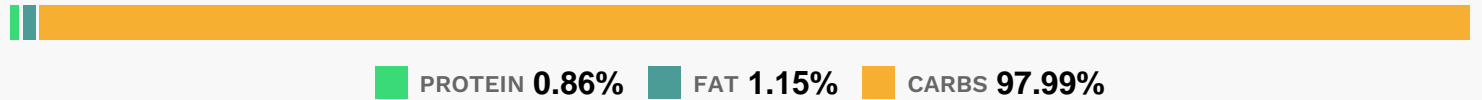
- bowl

- sieve
- blender
- microwave
- cheesecloth

Directions

- Combine 1 1/2 cups water, sugar, and salt in a microwave-safe dish; microwave at HIGH for 3 minutes. Stir until sugar dissolves.
- Combine sugar syrup and cranberries in a blender; process until smooth. Strain mixture through a sieve lined with a double layer of cheesecloth over a bowl; press mixture to extract liquid. Discard solids.
- Combine cranberry mixture, bourbon, and lemon juice in a freezer-safe bowl, stirring well. Freeze mixture overnight or until partially frozen. Scrape mixture with a fork until slushy; serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:19.6, Inflammation Score:-3, Nutrition Score:2.3434782416924%

Flavonoids

Cyanidin: 26.33mg, Cyanidin: 26.33mg, Cyanidin: 26.33mg, Cyanidin: 26.33mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 3.76mg, Myricetin: 3.76mg, Myricetin: 3.76mg, Myricetin: 3.76mg Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg

Nutrients (% of daily need)

Calories: 215.97kcal (10.8%), Fat: 0.17g (0.26%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 32.09g (10.7%), Net Carbohydrates: 30.03g (10.92%), Sugar: 27.51g (30.57%), Cholesterol: 0mg (0%), Sodium: 8.9mg (0.39%), Alcohol: 13.36g (100%), Alcohol %: 9.86% (100%), Protein: 0.28g (0.56%), Vitamin C: 10.11mg (12.26%), Manganese: 0.21mg (10.65%), Fiber: 2.06g (8.23%), Vitamin E: 0.76mg (5.05%), Vitamin K: 2.84µg (2.7%), Copper: 0.05mg (2.5%), Vitamin B6: 0.04mg (1.77%), Vitamin B5: 0.17mg (1.75%), Potassium: 52.45mg (1.5%), Vitamin B2: 0.02mg (1.09%), Magnesium: 4.18mg (1.05%)