



Cranberry-Wine Aperitif



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



206 kcal

SIDE DISH

Ingredients



2 bottles chardonnay 750 ml. each



2 cups cranberries fresh frozen thawed



2 tablespoons orange peel shredded finely



2 cups sugar

Equipment



bowl

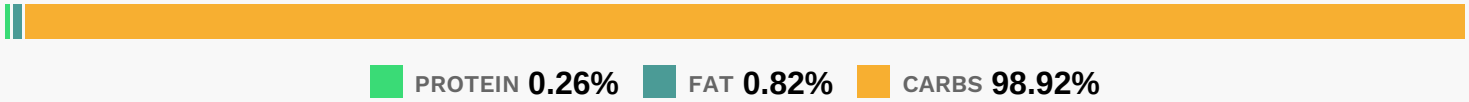


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Directions

- ☐ Sort cranberries and discard soft or decayed fruit. Rinse berries and put in a 2- to 3-quart glass jar, crock, or bowl.
- ☐ Add peel, sugar, and wine; mix well.
- ☐ Cover and chill at least 1 week or up to a month; stir several times.
- ☐ Pour aperitif through a fine strainer into a pitcher, or return to jar.
- ☐ Serve cold. Reserve cranberry–orange peel mixture to dress up muffins and pancakes.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:35.85, Inflammation Score:-1, Nutrition Score:1.1665217306303%

Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 205.66kcal (10.28%), Fat: 0.2g (0.3%), Saturated Fat: 0g (0.01%), Carbohydrates: 53.18g (17.73%), Net Carbohydrates: 52.12g (18.95%), Sugar: 50.97g (56.63%), Cholesterol: 0mg (0%), Sodium: 1.06mg (0.05%), Alcohol: 0.03g (100%), Alcohol %: 0.04% (100%), Protein: 0.14g (0.28%), Vitamin C: 5.54mg (6.72%), Manganese: 0.09mg (4.61%), Fiber: 1.06g (4.24%), Vitamin E: 0.33mg (2.22%), Vitamin K: 1.25µg (1.19%)