



Drink the Book: Sour Cherriade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



266 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.1 teaspoon almond extract
- ☐ 1 quart cherries fresh
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.3 cup sugar

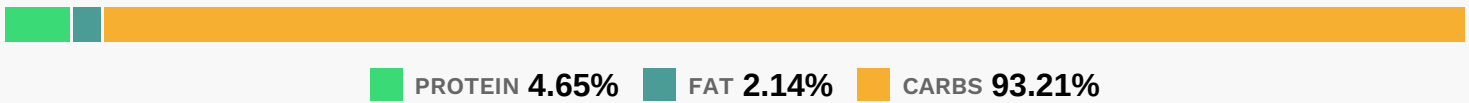
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine the cherries and sugar in a small saucepan and cook over medium heat, stirring often until the cherries are soft and have released their juice. Purée in a blender or food processor, and then strain; you should have about 2 cups of smooth purée. Stir in the vinegar and almond extract. The purée will keep in the refrigerator for up to 2 days, but will be best if used immediately.
- ☐ Pour 2/3 cup cherry purée into a tall glass.
- ☐ Add 2/3 cup seltzer and stir until just blended.
- ☐ Add ice and serve.
- ☐ Combine 2 cups water and 1 full batch cherry purée in a 1-quart soda siphon. Charge with CO2 according to the manufacturer's directions. Siphon charged sodas can be stored in the siphon in a refrigerator for up to 5 days. Dispense as desired into tall glasses filled with ice and serve.

Nutrition Facts



Properties

Glycemic Index:30.7, Glycemic Load:21.28, Inflammation Score:-5, Nutrition Score:7.2247826696738%

Flavonoids

Cyanidin: 95.3mg, Cyanidin: 95.3mg, Cyanidin: 95.3mg, Cyanidin: 95.3mg Pelargonidin: 0.85mg, Pelargonidin: 0.85mg, Pelargonidin: 0.85mg, Pelargonidin: 0.85mg Peonidin: 4.73mg, Peonidin: 4.73mg, Peonidin: 4.73mg, Peonidin: 4.73mg Catechin: 13.75mg, Catechin: 13.75mg, Catechin: 13.75mg, Catechin: 13.75mg Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg, Epigallocatechin: 1.07mg Epicatechin: 15.77mg, Epicatechin: 15.77mg, Epicatechin: 15.77mg, Epicatechin: 15.77mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg

Nutrients (% of daily need)

Calories: 266.23kcal (13.31%), Fat: 0.68g (1.05%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 67.13g (22.38%), Net Carbohydrates: 60.51g (22%), Sugar: 57.03g (63.37%), Cholesterol: 0mg (0%), Sodium: 1.38mg (0.06%), Alcohol: 0.06g (100%), Alcohol %: 0.02% (100%), Protein: 3.35g (6.7%), Vitamin C: 22.16mg (26.86%), Fiber: 6.62g (26.5%),

Potassium: 706.73mg (20.19%), Manganese: 0.23mg (11.44%), Copper: 0.19mg (9.6%), Magnesium: 35.32mg (8.83%), Vitamin B6: 0.15mg (7.73%), Phosphorus: 67.45mg (6.75%), Iron: 1.21mg (6.73%), Vitamin B2: 0.11mg (6.32%), Vitamin K: 6.62µg (6.31%), Vitamin B5: 0.63mg (6.28%), Vitamin B1: 0.09mg (5.68%), Calcium: 42.09mg (4.21%), Vitamin A: 201.89IU (4.04%), Folate: 12.62µg (3.15%), Vitamin B3: 0.49mg (2.43%), Zinc: 0.23mg (1.51%), Vitamin E: 0.22mg (1.47%)