



Drinking in Season: Balsamic Strawberry Smash



Vegetarian



Vegan



Dairy Free

READY IN



120 min.

SERVINGS



1

CALORIES



571 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 ounce balsamic vinegar
- ☐ 2 ounces bourbon
- ☐ 1 optional: lemon cut in half
- ☐ 3 inch lemon zest
- ☐ 1 ounce karo syrup
- ☐ 4 strawberries hulled
- ☐ 1 serving strawberries

☐ 0.3 cup sugar

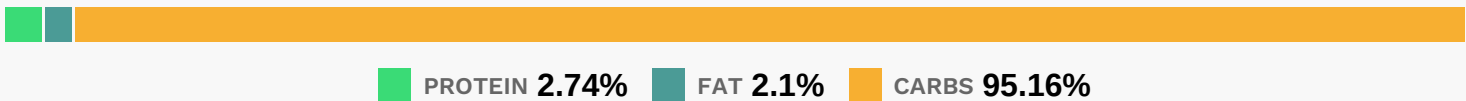
Equipment

- ☐ sauce pan
- ☐ sieve
- ☐ slotted spoon

Directions

- ☐ To make the syrup, combine the strawberries, sugar, and lemon rind in a saucepan. Cover and let sit for 1 hour at room temperature, stirring occasionally.
- ☐ Once the sugar has dissolved and the strawberries have released their liquid, bring the mixture to a simmer over medium heat. Cook, stirring gently, until the berries are tender, about 3 minutes.
- ☐ Using a slotted spoon, transfer the strawberries to a pint jar. Continue simmering the syrup until it thickens to a syrupy consistency, about 2 minutes. Discard lemon peel and pour syrup over berries.
- ☐ Let cool to room temperature, then store in the fridge for up to 1 month.
- ☐ To make the cocktail: muddle 4 strawberries and the lemon in the bottom of a cocktail shaker. Fill the shaker with ice, then add the strawberry syrup, balsamic and bourbon.
- ☐ Shake vigorously. Using both the cocktail strainer and a fine mesh strainer, strain the cocktail into a glass.
- ☐ Garnish with a strawberry.

Nutrition Facts



Properties

Glycemic Index:240.59, Glycemic Load:53.91, Inflammation Score:-8, Nutrition Score:12.464347797891%

Flavonoids

Cyanidin: 3.23mg, Cyanidin: 3.23mg, Cyanidin: 3.23mg, Cyanidin: 3.23mg Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin:

0.6mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 47.71mg, Pelargonidin: 47.71mg, Pelargonidin: 47.71mg, Pelargonidin: 47.71mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 5.97mg, Catechin: 5.97mg, Catechin: 5.97mg, Catechin: 5.97mg Epigallocatechin: 1.5mg, Epigallocatechin: 1.5mg, Epigallocatechin: 1.5mg, Epigallocatechin: 1.5mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Epicatechin 3–gallate: 0.29mg, Epicatechin 3–gallate: 0.29mg, Epicatechin 3–gallate: 0.29mg, Epicatechin 3–gallate: 0.29mg Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg, Epigallocatechin 3–gallate: 0.21mg Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 1.09mg, Naringenin: 1.09mg, Naringenin: 1.09mg, Naringenin: 1.09mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg

Nutrients (% of daily need)

Calories: 570.73kcal (28.54%), Fat: 1.14g (1.75%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 115.77g (38.59%), Net Carbohydrates: 108.1g (39.31%), Sugar: 97.93g (108.81%), Cholesterol: 0mg (0%), Sodium: 29.16mg (1.27%), Alcohol: 18.94g (100%), Alcohol %: 5.07% (100%), Protein: 3.33g (6.67%), Vitamin C: 179.97mg (218.14%), Manganese: 0.81mg (40.25%), Fiber: 7.67g (30.69%), Folate: 58.95µg (14.74%), Potassium: 473.34mg (13.52%), Vitamin B6: 0.19mg (9.52%), Calcium: 92.41mg (9.24%), Iron: 1.65mg (9.19%), Magnesium: 36.44mg (9.11%), Copper: 0.16mg (7.97%), Phosphorus: 69.24mg (6.92%), Vitamin B1: 0.1mg (6.48%), Vitamin B2: 0.08mg (4.99%), Vitamin E: 0.74mg (4.92%), Vitamin B5: 0.47mg (4.7%), Vitamin B3: 0.89mg (4.43%), Vitamin K: 4.22µg (4.02%), Zinc: 0.39mg (2.62%), Selenium: 1.65µg (2.36%), Vitamin A: 50.61IU (1.01%)