



PDT's Cranberry Cobbler



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



1

CALORIES



1900 kcal

DESSERT

Ingredients

- ☐ 4 cranberries
- ☐ 8 ounce cranberries
- ☐ 2 ounces hendrick's gin
- ☐ 1 lemon wedges
- ☐ 1 mint leaves
- ☐ 1 cranberry-orange relish
- ☐ 0.8 ounce cooking sherry
- ☐ 0.5 ounce simple syrup glaze

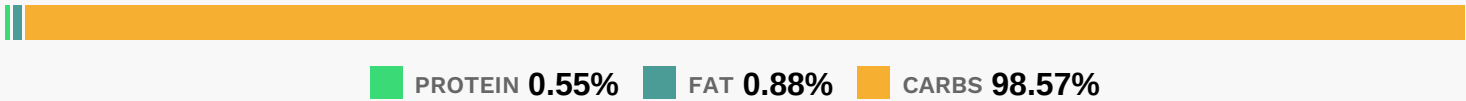
- ☐ 2 cups sugar
- ☐ 2 cups water

Equipment

Directions

- ☐ For the the Cranberry Simple Syrup and Macerated Cranberries: Bring sugar and water to a boil, stirring frequently until sugar dissolves. Reduce heat to medium, add cranberries.
- ☐ Let simmer until the skin of the first few cranberries splits, 2 to 3 minutes.
- ☐ Remove from heat and allow to cool. Do not strain. Cranberries in syrup can be stored in a resealable jar for up to 1 week.
- ☐ For the cocktail: Strain 1/2 ounce cranberry simple syrup and add to cocktail mixing glass along with 4 macerated cranberries from syrup.
- ☐ Add orange wheel and lemon wedge and muddle 15 times, until broken up.
- ☐ Add gin, sherry, and ice to mixing glass.
- ☐ Shake until well chilled, about 15 seconds. Strain into rocks glass filled with crushed or pebbled ice.
- ☐ Garnish with a mint sprig and 3 macerated cranberries

Nutrition Facts



Properties

Glycemic Index:258.09, Glycemic Load:293.58, Inflammation Score:-8, Nutrition Score:16.051739164021%

Flavonoids

Cyanidin: 107.16mg, Cyanidin: 107.16mg, Cyanidin: 107.16mg, Cyanidin: 107.16mg Delphinidin: 17.7mg, Delphinidin: 17.7mg, Delphinidin: 17.7mg, Delphinidin: 17.7mg Malvidin: 1.03mg, Malvidin: 1.03mg, Malvidin: 1.03mg, Malvidin: 1.03mg Pelargonidin: 0.74mg, Pelargonidin: 0.74mg, Pelargonidin: 0.74mg, Pelargonidin: 0.74mg Peonidin: 113.46mg, Peonidin: 113.46mg, Peonidin: 113.46mg, Peonidin: 113.46mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epigallocatechin: 1.71mg, Epigallocatechin: 1.71mg, Epigallocatechin: 1.71mg, Epigallocatechin: 1.71mg Epicatechin: 10.2mg, Epicatechin: 10.2mg, Epicatechin: 10.2mg, Epicatechin: 10.2mg Epigallocatechin 3-gallate: 2.24mg, Epigallocatechin 3-gallate: 2.24mg, Epigallocatechin 3-gallate: 2.24mg, Epigallocatechin 3-gallate: 2.24mg

2.24mg Eriodictyol: 4.15mg, Eriodictyol: 4.15mg, Eriodictyol: 4.15mg, Eriodictyol: 4.15mg Hesperetin: 40.91mg, Hesperetin: 40.91mg, Hesperetin: 40.91mg, Hesperetin: 40.91mg Naringenin: 20.25mg, Naringenin: 20.25mg, Naringenin: 20.25mg, Naringenin: 20.25mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 15.59mg, Myricetin: 15.59mg, Myricetin: 15.59mg, Myricetin: 15.59mg Quercetin: 35.05mg, Quercetin: 35.05mg, Quercetin: 35.05mg, Quercetin: 35.05mg

Nutrients (% of daily need)

Calories: 1900.2kcal (95.01%), Fat: 1.8g (2.77%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 454.3g (151.43%), Net Carbohydrates: 442.26g (160.82%), Sugar: 432.33g (480.37%), Cholesterol: 0mg (0%), Sodium: 42.8mg (1.86%), Alcohol: 21.13g (100%), Alcohol %: 1.99% (100%), Protein: 2.54g (5.09%), Vitamin C: 111.86mg (135.59%), Fiber: 12.04g (48.15%), Manganese: 0.93mg (46.59%), Vitamin E: 3.31mg (22.06%), Copper: 0.32mg (15.87%), Potassium: 485.44mg (13.87%), Vitamin B6: 0.24mg (11.85%), Vitamin B1: 0.17mg (11.51%), Vitamin B2: 0.19mg (11.46%), Folate: 44.94µg (11.24%), Vitamin K: 11.62µg (11.07%), Vitamin B5: 1.06mg (10.55%), Calcium: 99.93mg (9.99%), Vitamin A: 479.67IU (9.59%), Magnesium: 37.46mg (9.37%), Iron: 1.61mg (8.95%), Phosphorus: 54.57mg (5.46%), Selenium: 3.48µg (4.97%), Vitamin B3: 0.68mg (3.41%), Zinc: 0.48mg (3.23%)