



Port Cobbler



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



226 kcal

DESSERT

Ingredients

- ☐ 1 sprigs blackberries halved
- ☐ 8 ounces seltzer water
- ☐ 8 ounces port wine
- ☐ 0.3 cup sugar
- ☐ 2 ounces triple sec
- ☐ 2 ounces vanilla
- ☐ 1 vanilla pod split
- ☐ 0.5 cup water

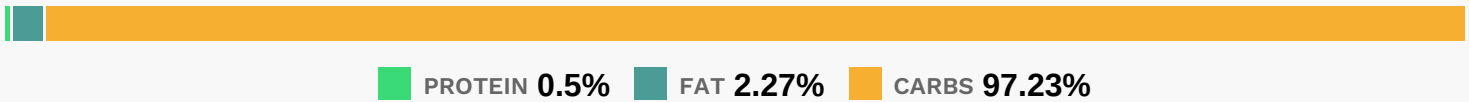
Equipment

☐ pot

Directions

- ☐ Combine water, vanilla bean, and sugar in a small pot over medium high heat. Stir often and bring to a simmer.
- ☐ Let simmer until sugar is completely dissolved, about 4 minutes.
- ☐ Let cool 15 minutes, then strain. Syrup will keep for up to two weeks in a sealed container.
- ☐ For the Cocktail: In a cocktail shaker filled with ice combine ruby port, triple sec, and 2 ounces vanilla syrup. Stir until fully chilled, about 20 seconds, then strain into four glasses piled high with crushed ice. Top each glass with club soda and garnish with berries, figs, thyme, and husk tomatoes if desired.

Nutrition Facts



Properties

Glycemic Index:23.77, Glycemic Load:8.73, Inflammation Score:-3, Nutrition Score:0.88217391681088%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Petunidin: 3.76mg, Petunidin: 3.76mg, Petunidin: 3.76mg, Petunidin: 3.76mg Delphinidin: 2.21mg, Delphinidin: 2.21mg, Delphinidin: 2.21mg, Delphinidin: 2.21mg Malvidin: 53.77mg, Malvidin: 53.77mg, Malvidin: 53.77mg, Malvidin: 53.77mg Peonidin: 2.23mg, Peonidin: 2.23mg, Peonidin: 2.23mg, Peonidin: 2.23mg Catechin: 5.68mg, Catechin: 5.68mg, Catechin: 5.68mg, Catechin: 5.68mg Epicatechin: 4.3mg, Epicatechin: 4.3mg, Epicatechin: 4.3mg, Epicatechin: 4.3mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 226.37kcal (11.32%), Fat: 0.28g (0.43%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 26.91g (8.97%), Net Carbohydrates: 26.9g (9.78%), Sugar: 23.26g (25.84%), Cholesterol: 0mg (0%), Sodium: 21.03mg (0.91%), Alcohol: 17.24g (100%), Alcohol %: 11.79% (100%), Caffeine: 3.69mg (1.23%), Protein: 0.14g (0.28%), Manganese: 0.11mg (5.26%), Copper: 0.05mg (2.54%), Potassium: 79.18mg (2.26%), Magnesium: 8.14mg (2.04%), Vitamin B2: 0.03mg (1.64%), Calcium: 10.16mg (1.02%), Vitamin B3: 0.2mg (1.02%)