



Raspberry Cobbler Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



1 min.

SERVINGS



1

CALORIES



160 kcal

BEVERAGE

DRINK

Ingredients

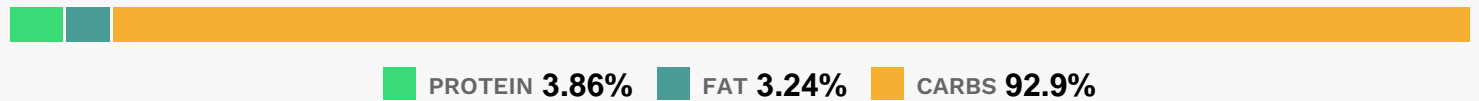
- 1 Dash cinnamon
- 6 ounces sherry dry
- 1 serving ice crushed for serving
- 10 raspberries divided
- 0.5 teaspoon caster sugar

Equipment

Directions

- Fill cocktail shaker with ice.
- Add sherry, vanilla bean, sugar, cinnamon, and raspberries (save 5 for garnish) with ice for 10 to 15 seconds.
- Fill a highball glass with crushed ice and strain drink into glass.
- Garnish with remaining raspberries.

Nutrition Facts



Properties

Glycemic Index:116.09, Glycemic Load:2.35, Inflammation Score:-5, Nutrition Score:3.4673912965733%

Flavonoids

Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg, Naringenin: 0.65mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 160.05kcal (8%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 9.6g (3.2%), Net Carbohydrates: 7.77g (2.83%), Sugar: 4.53g (5.04%), Cholesterol: 0mg (0%), Sodium: 8.87mg (0.39%), Alcohol: 17.52g (100%), Alcohol %: 11.44% (100%), Protein: 0.4g (0.8%), Manganese: 0.51mg (25.39%), Fiber: 1.83g (7.32%), Vitamin C: 5.28mg (6.4%), Magnesium: 22.02mg (5.5%), Vitamin B6: 0.1mg (4.88%), Potassium: 155.32mg (4.44%), Iron: 0.68mg (3.79%), Phosphorus: 37.06mg (3.71%), Calcium: 30.38mg (3.04%), Vitamin K: 2.55µg (2.43%), Zinc: 0.31mg (2.04%), Vitamin B2: 0.03mg (1.99%), Vitamin B3: 0.32mg (1.58%), Folate: 5.96µg (1.49%), Vitamin B5: 0.15mg (1.46%), Copper: 0.03mg (1.42%), Vitamin E: 0.2mg (1.31%), Vitamin B1: 0.02mg (1.01%)