



Scotch, Sherry, and Concord Cocktail



Vegetarian



Vegan



Dairy Free

READY IN



240 min.

SERVINGS



1

CALORIES



779 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 dashes angostura bitters
- ☐ 1.5 cups concord grapes (with stems)
- ☐ 0.8 ounce grapes
- ☐ 0.3 ounce juice of lemon
- ☐ 1.5 ounces scotch whiskey
- ☐ 0.8 ounce cooking sherry
- ☐ 0.5 cup sugar
- ☐ 0.5 cup water

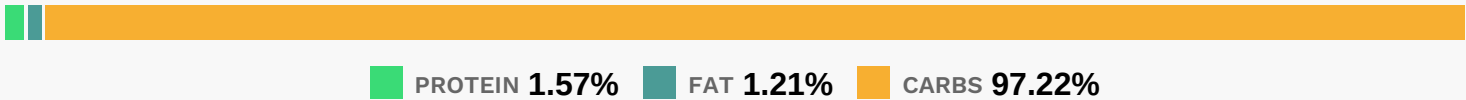
Equipment

- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ For the Concord Grape Syrup: Pulse the grapes a few times on low speed in a blender then puree on low for a few seconds, until the grape skins are chopped and the grape flesh is slightly broken down.
- ☐ Combine the rough grape puree with the water and sugar in a small saucepan. Cook over very low heat for 15 minutes, stirring frequently. The mixture should only simmer for the last 3 minutes of its cooking time.
- ☐ Remove from heat, strain through a fine mesh sieve, gently pressing the solids to extract the liquid. Refrigerate until completely cool.
- ☐ For the Cocktail: Fill a cocktail shaker with ice.
- ☐ Add the Scotch, sherry, grape syrup, lemon juice, and bitters. Shake until well chilled, about 20 seconds. Strain into a coupe glass and garnish with lemon peel if desired.

Nutrition Facts



Properties

Glycemic Index:192.09, Glycemic Load:99.66, Inflammation Score:-4, Nutrition Score:10.739565201428%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg, Hesperetin: 1.11mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 779.36kcal (38.97%), Fat: 0.94g (1.44%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 169.69g (56.56%), Net Carbohydrates: 166.28g (60.47%), Sugar: 158.79g (176.43%), Cholesterol: 0mg (0%), Sodium: 15.57mg (0.68%), Alcohol: 18.4g (100%), Alcohol %: 3.49% (100%), Protein: 2.75g (5.5%), Vitamin K: 55µg (52.38%), Copper: 0.51mg (25.58%), Potassium: 743.26mg (21.24%), Vitamin C: 14.78mg (17.91%), Vitamin B1: 0.27mg (17.71%), Vitamin B2: 0.29mg (16.88%), Vitamin B6: 0.34mg (16.87%), Manganese: 0.3mg (15.01%), Fiber: 3.41g (13.63%), Iron: 1.48mg (8.2%), Phosphorus: 80.9mg (8.09%), Magnesium: 30.06mg (7.52%), Vitamin A: 248.68IU (4.97%), Vitamin E: 0.73mg (4.84%), Calcium: 44.5mg (4.45%), Vitamin B3: 0.76mg (3.79%), Folate: 9.15µg (2.29%), Zinc: 0.32mg (2.15%), Vitamin B5: 0.21mg (2.07%), Selenium: 1µg (1.43%)