



Sherry Cobbler



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



114 kcal

DESSERT

Ingredients

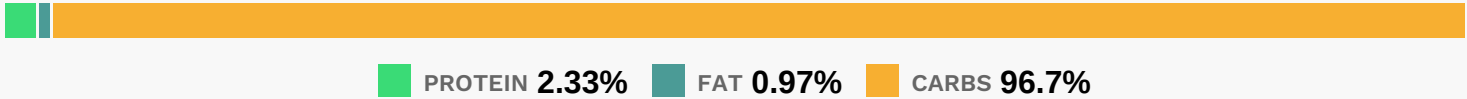
- ☐ 2 slices cranberry-orange relish (1/4-inch-thick)
- ☐ 3 ounces amontillado sherry
- ☐ 1 sprig garnishes: strawberry half fresh green seedless
- ☐ 2 teaspoons caster sugar

Equipment

Directions

- ☐ Muddle orange slices in a cocktail shaker to release flavors. Fill shaker with ice cubes, and add sherry and sugar. Cover with lid, and shake vigorously until thoroughly chilled (about 30 seconds).
- ☐ Strain mixture into a 10-oz. glass filled with crushed ice, and stir.

Nutrition Facts



Properties

Glycemic Index:173.59, Glycemic Load:7.11, Inflammation Score:-4, Nutrition Score:2.2834782704063%

Flavonoids

Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Hesperetin: 7.97mg, Hesperetin: 7.97mg, Hesperetin: 7.97mg, Hesperetin: 7.97mg Naringenin: 4.61mg, Naringenin: 4.61mg, Naringenin: 4.61mg, Naringenin: 4.61mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 114.39kcal (5.72%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0.03%), Carbohydrates: 13.66g (4.55%), Net Carbohydrates: 12.98g (4.72%), Sugar: 11.57g (12.86%), Cholesterol: 0mg (0%), Sodium: 4.35mg (0.19%), Alcohol: 8.76g (100%), Alcohol %: 9.1% (100%), Protein: 0.33g (0.66%), Vitamin C: 14.93mg (18.09%), Manganese: 0.11mg (5.38%), Potassium: 113.13mg (3.23%), Vitamin B6: 0.06mg (3.01%), Magnesium: 11.37mg (2.84%), Fiber: 0.68g (2.72%), Folate: 9.27µg (2.32%), Vitamin B1: 0.03mg (1.95%), Phosphorus: 19.43mg (1.94%), Calcium: 19.03mg (1.9%), Vitamin B2: 0.03mg (1.54%), Iron: 0.27mg (1.47%), Vitamin A: 63.66IU (1.27%), Vitamin B5: 0.11mg (1.09%)