

Sherry Cobbler

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

5 min.

SERVINGS

servings

1

CALORIES

calories

162 kcal

DESSERT

Ingredients

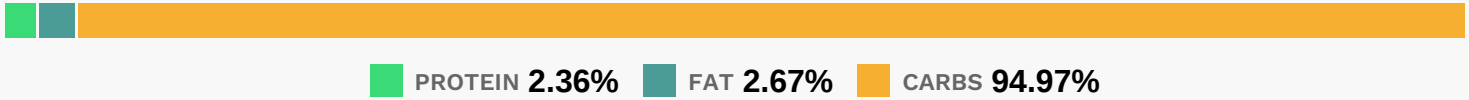
- ☐ 0.5 cup cooking sherry dry such as fino or amontillado
- ☐ 1.5 cups ice cubes crushed
- ☐ 3 slices cranberry-orange relish
- ☐ 0.3 cup raspberries and/or blackberries fresh for garnish
- ☐ 1 tablespoon water
- ☐ 1 tablespoon sugar white

Equipment

Directions

- ☐ Put sugar and water into a cocktail shaker and stir to dissolve.
- ☐ Add orange slices to the shaker and pour in sherry. Fill with ice, shake well, and strain into a tall glass full of crushed ice.
- ☐ Garnish with seasonal berries and a fresh slice of orange.

Nutrition Facts



Properties

Glycemic Index:153.59, Glycemic Load:9.39, Inflammation Score:-5, Nutrition Score:3.4613043160542%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg, Hesperetin: 1.3mg Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 161.61kcal (8.08%), Fat: 0.24g (0.36%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 19g (6.33%), Net Carbohydrates: 16.97g (6.17%), Sugar: 14.73g (16.37%), Cholesterol: 0mg (0%), Sodium: 24.91mg (1.08%), Alcohol: 12.36g (100%), Alcohol %: 2.93% (100%), Protein: 0.47g (0.94%), Manganese: 0.34mg (17.13%), Vitamin C: 9.46mg (11.46%), Fiber: 2.02g (8.09%), Magnesium: 22.6mg (5.65%), Copper: 0.09mg (4.66%), Vitamin B6: 0.08mg (3.91%), Potassium: 136.17mg (3.89%), Phosphorus: 30.72mg (3.07%), Calcium: 30.72mg (3.07%), Iron: 0.54mg (3%), Vitamin K: 2.82µg (2.69%), Folate: 8.4µg (2.1%), Zinc: 0.31mg (2.07%), Vitamin B2: 0.03mg (1.93%), Vitamin E: 0.27mg (1.78%), Vitamin B5: 0.16mg (1.6%), Vitamin B3: 0.32mg (1.59%), Vitamin B1: 0.02mg (1.21%)