



Sour Cherry Americano



Gluten Free



Dairy Free

READY IN



3 min.

SERVINGS



1

CALORIES



211 kcal

BEVERAGE

DRINK

Ingredients

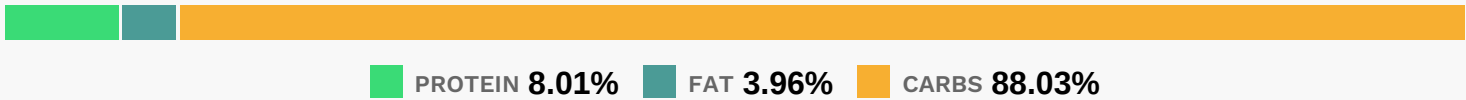
- ☐ 8 cherries sour
- ☐ 0.8 ounces mint-filled chocolate squares (see note)
- ☐ 2 ounces hendrick's gin
- ☐ 1 serving ice cubes
- ☐ 0.8 ounces juice of lime
- ☐ 0.3 ounce maraschino liqueur
- ☐ 1 sprig mint leaves for garnish
- ☐ 1 serving seltzer water

Equipment

Directions

- ☐ Muddle cherries and lime juice in the bottom of a cocktail shaker.
- ☐ Add gin, syrup, Punt e Mes, Luxardo, and top with ice. Shake vigorously for at least 15 seconds.
- ☐ Add a splash of soda water to the shaker, then strain into a highball glass filled with ice.
- ☐ Garnish with a mint sprig and cherry.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:1.96, Inflammation Score:-8, Nutrition Score:6.0347827011314%

Flavonoids

Cyanidin: 19.33mg, Cyanidin: 19.33mg, Cyanidin: 19.33mg, Cyanidin: 19.33mg Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg Peonidin: 0.96mg, Peonidin: 0.96mg, Peonidin: 0.96mg, Peonidin: 0.96mg Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg, Catechin: 2.79mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Eriodictyol: 7.35mg, Eriodictyol: 7.35mg, Eriodictyol: 7.35mg, Eriodictyol: 7.35mg Hesperetin: 4.17mg, Hesperetin: 4.17mg, Hesperetin: 4.17mg, Hesperetin: 4.17mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.2mg, Apigenin: 1.2mg, Apigenin: 1.2mg, Apigenin: 1.2mg Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg, Luteolin: 2.82mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 210.69kcal (10.53%), Fat: 0.35g (0.54%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 17.62g (5.87%), Net Carbohydrates: 14.41g (5.24%), Sugar: 10.81g (12.01%), Cholesterol: 0mg (0%), Sodium: 10.9mg (0.47%), Alcohol: 21.8g (100%), Alcohol %: 12.1% (100%), Protein: 1.6g (3.21%), Vitamin C: 17.94mg (21.74%), Vitamin A: 997.29IU (19.95%), Manganese: 0.32mg (16.03%), Fiber: 3.21g (12.84%), Potassium: 294.78mg (8.42%), Iron: 1.4mg (7.8%), Folate: 30.07µg (7.52%), Copper: 0.14mg (6.92%), Magnesium: 27.12mg (6.78%), Calcium: 67.12mg (6.71%), Vitamin B2: 0.09mg (5.05%), Phosphorus: 34.94mg (3.49%), Vitamin B6: 0.07mg (3.44%), Vitamin B1: 0.04mg (2.95%),

Vitamin B3: 0.52mg (2.58%), Vitamin B5: 0.23mg (2.29%), Zinc: 0.34mg (2.25%), Vitamin K: 1.47µg (1.4%)