



Sour Cherry Manhattan



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



145 kcal

BEVERAGE

DRINK

Ingredients

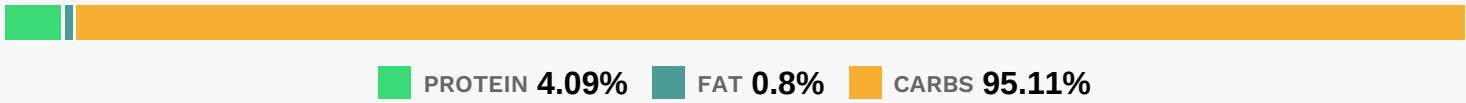
- ☐ 3 dashes cherry bitters
- ☐ 2 tablespoons cherry juice from a jar of cherries sour for garnish plus a cherry
- ☐ 1 serving ice cubes
- ☐ 1 piece orange peel with a vegetable peeler
- ☐ 3 tablespoons rye
- ☐ 1 tablespoon vermouth sweet

Equipment

Directions

- ☐
- Pour the rye or bourbon, cherry juice, vermouth and bitters into a cocktail shaker filled with ice and shake until very cold. Strain into a martini glass. Carefully squeeze the orange peel between your finger and thumb with the skin facing out. Ignite the oils that spurt from the peel and immediately drop the peel into the glass.
- ☐
- Garnish with a sour cherry.
- ☐
- BYOC: If you don't feel comfortable lighting the peel then omit it. You can always add some orange bitters if you like. The drink is quite enjoyable either way.

Nutrition Facts



Properties

Glycemic Index:37, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:1.8452174402773%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 145.45kcal (7.27%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.03%), Carbohydrates: 7.98g (2.66%), Net Carbohydrates: 6.65g (2.42%), Sugar: 3.34g (3.71%), Cholesterol: 0mg (0%), Sodium: 6.06mg (0.26%), Alcohol: 16.45g (100%), Alcohol %: 12.99% (100%), Protein: 0.34g (0.69%), Vitamin C: 16.53mg (20.04%), Fiber: 1.34g (5.34%), Potassium: 83.51mg (2.39%), Calcium: 23.84mg (2.38%), Iron: 0.3mg (1.68%), Copper: 0.03mg (1.56%), Vitamin B1: 0.02mg (1.19%), Vitamin B6: 0.02mg (1.15%), Vitamin A: 52.32IU (1.05%)