



Sparkling Cranberry Cocktails



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



258 kcal

BEVERAGE

DRINK

Ingredients



12 ounce cranberries fresh frozen thawed 3 cups



750 milliliter sparkling white wine chilled



1 cup sugar

Equipment

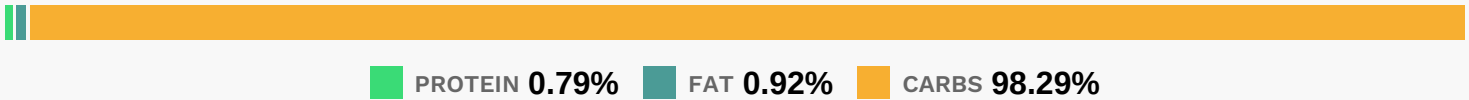


sauce pan

Directions

- ☐ Combine sugar and 1/2 cup water in a medium saucepan, and bring to a boil, stirring constantly until sugar is dissolved. Boil syrup 30 seconds; set aside 18 cranberries, add remaining cranberries to syrup, and cook an additional 30 seconds. Cover and remove from heat; let cranberries steep 20 minutes.
- ☐ Strain cranberry syrup, reserving berries for another use.
- ☐ Transfer syrup to a glass cruet with stopper, and chill at least 1 hour. (Syrup will keep, chilled in an airtight container, up to 2 weeks.)
- ☐ Place 3 cranberries and 1 tablespoon cranberry syrup in the bottom of each champagne glass. Top with chilled sparkling white wine, and serve immediately.
- ☐ *Katherine prefers a sparkling white like Gloria Ferrer Sonoma Brut.

Nutrition Facts



Properties

Glycemic Index:21.68, Glycemic Load:25.91, Inflammation Score:-5, Nutrition Score:3.255652193142%

Flavonoids

Cyanidin: 26.33mg, Cyanidin: 26.33mg, Cyanidin: 26.33mg, Cyanidin: 26.33mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Malvidin: 0.33mg, Malvidin: 0.33mg, Malvidin: 0.33mg, Malvidin: 0.33mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 3.18mg, Epicatechin: 3.18mg, Epicatechin: 3.18mg, Epicatechin: 3.18mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg

Nutrients (% of daily need)

Calories: 258.39kcal (12.92%), Fat: 0.18g (0.28%), Saturated Fat: 0g (0.03%), Carbohydrates: 43.3g (14.43%), Net Carbohydrates: 41.26g (15%), Sugar: 36.9g (41.01%), Cholesterol: 0mg (0%), Sodium: 7.81mg (0.34%), Alcohol: 13.06g (100%), Alcohol %: 7.63% (100%), Protein: 0.35g (0.7%), Manganese: 0.35mg (17.69%), Vitamin C: 7.94mg (9.62%), Fiber: 2.04g (8.16%), Vitamin E: 0.75mg (4.99%), Vitamin B6: 0.1mg (4.79%), Magnesium: 16.08mg (4.02%), Potassium: 136.06mg (3.89%), Vitamin K: 3.34µg (3.18%), Phosphorus: 29.06mg (2.91%), Iron: 0.49mg (2.72%), Vitamin B5: 0.22mg (2.24%), Vitamin B2: 0.04mg (2.16%), Copper: 0.04mg (1.96%), Calcium: 16.28mg (1.63%), Zinc:

0.21mg (1.38%)