



Sparkling Sour Cherry Aperitivo

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



263 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 24 ounce cherries (light sour with syrup)
- 2 tablespoons juice of lime (fresh)
- 6 servings mint leaves
- 750 milliliter sparkling wine (chilled)
- 1 cup sugar

Equipment

- bowl
- sauce pan

blender

Directions

- Purée one 24-ounce jar sour cherries in light syrup (with syrup) in a blender until smooth. Strain into a medium bowl, pressing to extract as much liquid as possible. Bring cherry mixture and 1 cup sugar to a boil in a large saucepan, stirring to dissolve sugar; reduce heat and simmer, occasionally skimming any foam from surface, until reduced to 1 1/2 cups, 20–30 minutes.
- Let cool.
- Mix in 2 tablespoons fresh lime juice. Cover; chill until cold, about 2 hours.
- DO AHEAD: Syrup can be made 1 month ahead. Keep chilled.
- Divide 3 tablespoons chilled sour cherry syrup among 6 glasses. Top off syrup with one 750-milliliter bottle of chilled sparkling wine, dividing evenly, and stir to combine.
- Garnish drinks with lemon verbena or mint sprigs, if desired.

Nutrition Facts

 PROTEIN **2.43%**  FAT **1.4%**  CARBS **96.17%**

Properties

Glycemic Index:15.35, Glycemic Load:26.74, Inflammation Score:-5, Nutrition Score:3.6426087099573%

Flavonoids

Cyanidin: 34.26mg, Cyanidin: 34.26mg, Cyanidin: 34.26mg, Cyanidin: 34.26mg Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg Peonidin: 1.7mg, Peonidin: 1.7mg, Peonidin: 1.7mg, Peonidin: 1.7mg Catechin: 4.94mg, Catechin: 4.94mg, Catechin: 4.94mg, Catechin: 4.94mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 5.67mg, Epicatechin: 5.67mg, Epicatechin: 5.67mg, Epicatechin: 5.67mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 262.82kcal (13.14%), Fat: 0.35g (0.53%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 53.37g (17.79%), Net Carbohydrates: 50.89g (18.51%), Sugar: 49.3g (54.78%), Cholesterol: 0mg (0%), Sodium: 9.47mg (0.41%), Alcohol: 7.98g (100%), Alcohol %: 3.65% (100%), Protein: 1.35g (2.7%), Vitamin C: 9.76mg (11.83%), Potassium: 373.68mg (10.68%), Fiber: 2.48g (9.93%), Magnesium: 26.14mg (6.54%), Iron: 0.98mg (5.44%), Manganese: 0.09mg (4.67%), Copper: 0.09mg (4.44%), Phosphorus: 43.95mg (4.39%), Vitamin B6: 0.08mg (4.18%), Vitamin B2: 0.06mg (3.51%), Calcium: 29.43mg (2.94%), Vitamin B5: 0.24mg (2.35%), Vitamin A: 117.55IU (2.35%), Vitamin K: 2.41µg (2.3%), Vitamin B1: 0.03mg (2.18%), Folate: 7.42µg (1.86%), Vitamin B3: 0.32mg (1.62%), Zinc: 0.2mg (1.32%)