



The Black Rose

 **Vegetarian**  **Vegan**  **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



1

CALORIES



698 kcal

BEVERAGE

DRINK

Ingredients

- 1 pound cherries fresh frozen thawed pitted
- 0.5 ounce cherry juice
- 0.5 ounce raspberry liqueur
- 1 pinch salt
- 2 tablespoons sugar
- 2 drops vanilla extract
- 1.5 ounces irish whiskey
- 3 cups vinegar white

1 ounce malbec red wine

Equipment

bowl

sauce pan

Directions

Fill a shaker with ice.

Add the whiskey, wine, grenadine, raspberry liqueur and vanilla extract and shake. Strain the cocktail into a tall glass filled with ice and garnish with a pickled cherry.

Bring the wine, vinegar, sugar, salt and 1 cup water to a boil in a saucepan and cook until the sugar is dissolved.

Remove from the heat and allow to cool slightly.

Pour the liquid over the cherries in a bowl or jar and cool let completely before covering. Keep in the refrigerator for up to 2 weeks.

Nutrition Facts



PROTEIN 4.4% **FAT 2.08%** **CARBS 93.52%**

Properties

Glycemic Index:172.09, Glycemic Load:30.9, Inflammation Score:-8, Nutrition Score:12.555217421573%

Flavonoids

Cyanidin: 137.08mg, Cyanidin: 137.08mg, Cyanidin: 137.08mg, Cyanidin: 137.08mg Petunidin: 0.56mg, Petunidin: 0.56mg, Petunidin: 0.56mg, Petunidin: 0.56mg Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg Malvidin: 3.92mg, Malvidin: 3.92mg, Malvidin: 3.92mg, Malvidin: 3.92mg Pelargonidin: 1.22mg, Pelargonidin: 1.22mg, Pelargonidin: 1.22mg, Pelargonidin: 1.22mg Peonidin: 7.16mg, Peonidin: 7.16mg, Peonidin: 7.16mg, Peonidin: 7.16mg Catechin: 21.8mg, Catechin: 21.8mg, Catechin: 21.8mg, Catechin: 21.8mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 23.75mg, Epicatechin: 23.75mg, Epicatechin: 23.75mg, Epicatechin: 23.75mg Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg

0.23mg, Isorhamnetin: 0.23mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg
Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 10.68mg, Quercetin:
10.68mg, Quercetin: 10.68mg, Quercetin: 10.68mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin:
0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 698.16kcal (34.91%), Fat: 1.03g (1.58%), Saturated Fat: 0.19g (1.17%), Carbohydrates: 104.05g (34.68%), Net
Carbohydrates: 94.52g (34.37%), Sugar: 88.54g (98.38%), Cholesterol: 0mg (0%), Sodium: 57.76mg (2.51%),
Alcohol: 22.07g (100%), Alcohol %: 2.08% (100%), Caffeine: 3.69mg (1.23%), Protein: 4.9g (9.8%), Manganese:
0.78mg (39.15%), Vitamin C: 31.75mg (38.49%), Fiber: 9.53g (38.1%), Potassium: 1087.95mg (31.08%), Copper:
0.33mg (16.73%), Magnesium: 61.4mg (15.35%), Phosphorus: 134.51mg (13.45%), Vitamin B6: 0.24mg (11.92%), Iron:
2.11mg (11.71%), Calcium: 108.74mg (10.87%), Vitamin B2: 0.17mg (9.73%), Vitamin K: 9.64µg (9.18%), Vitamin B5:
0.91mg (9.11%), Vitamin B1: 0.13mg (8.53%), Vitamin A: 290.87IU (5.82%), Selenium: 4.07µg (5.81%), Folate: 18.43µg
(4.61%), Vitamin B3: 0.8mg (4.02%), Zinc: 0.45mg (2.99%), Vitamin E: 0.32mg (2.12%)