



Virgin Negroni

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



190 min.

SERVINGS



1

CALORIES



1096 kcal

BEVERAGE

DRINK

Ingredients

- 1 teaspoon allspice
- 1 teaspoon aniseed
- 1 teaspoon coriander seeds
- 1 medium grapefruit
- 1 serving ice cubes
- 2 tablespoons juniper berries
- 1 medium optional: lemon
- 1 serving cranberry-orange relish for garnish

2 cups red wine

2 cups wine

Equipment

bowl

frying pan

peeler

Directions

Place the juniper, allspice, anise, and coriander in a small frying pan over medium heat and toast, shaking the pan occasionally, until fragrant, about 3 minutes.

Remove to a medium bowl. Using a vegetable peeler, remove the zest from the grapefruit and add it to the bowl.

Place the juniper, anise, and coriander in a small frying pan over medium heat and toast, shaking the pan occasionally, until fragrant, about 3 minutes.

Remove to a medium bowl. Using a vegetable peeler, remove the zest from the lemon and add it to the bowl.

Place a cocktail glass in the freezer to chill for 5 minutes.

Place 1 ounce of the red wine infusion, 1 ounce of the white wine infusion, and the Sanbittè in a cocktail shaker filled halfway with ice. Stir briskly with a barspoon until thoroughly chilled, about 30 seconds. Strain into the chilled glass.

Garnish with the orange twist and serve immediately. Refrigerate the remaining wine infusions for up to 1 month.

Nutrition Facts



PROTEIN 6.13% FAT 13.63% CARBS 80.24%

Properties

Glycemic Index:143, Glycemic Load:15.38, Inflammation Score:-10, Nutrition Score:27.698695649271%

Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Petunidin: 9.5mg, Petunidin: 9.5mg, Petunidin: 9.5mg, Petunidin: 9.5mg Delphinidin: 9.65mg, Delphinidin: 9.65mg, Delphinidin: 9.65mg, Delphinidin: 9.65mg Malvidin: 66.72mg, Malvidin: 66.72mg, Malvidin: 66.72mg, Malvidin: 66.72mg Peonidin: 6mg, Peonidin: 6mg, Peonidin: 6mg, Peonidin: 6mg Catechin: 37.97mg, Catechin: 37.97mg, Catechin: 37.97mg, Catechin: 37.97mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 20.83mg, Epicatechin: 20.83mg, Epicatechin: 20.83mg, Epicatechin: 20.83mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 60.5mg, Hesperetin: 60.5mg, Hesperetin: 60.5mg, Hesperetin: 60.5mg Naringenin: 108.26mg, Naringenin: 108.26mg, Naringenin: 108.26mg, Naringenin: 108.26mg Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 3.95mg, Luteolin: 3.95mg, Luteolin: 3.95mg, Luteolin: 3.95mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 2.76mg, Myricetin: 2.76mg, Myricetin: 2.76mg, Myricetin: 2.76mg Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg Gallocatechin: 0.38mg, Gallocatechin: 0.38mg, Gallocatechin: 0.38mg, Gallocatechin: 0.38mg

Nutrients (% of daily need)

Calories: 1096kcal (54.8%), Fat: 6.69g (10.3%), Saturated Fat: 0.27g (1.67%), Carbohydrates: 88.64g (29.55%), Net Carbohydrates: 77.17g (28.06%), Sugar: 36.34g (40.37%), Cholesterol: 0mg (0%), Sodium: 52.98mg (2.3%), Alcohol: 100.32g (100%), Alcohol %: 8.43% (100%), Protein: 6.78g (13.55%), Vitamin C: 187.76mg (227.59%), Manganese: 1.54mg (76.77%), Vitamin A: 3212.7IU (64.25%), Potassium: 1713.56mg (48.96%), Fiber: 11.47g (45.9%), Magnesium: 163.49mg (40.87%), Vitamin B6: 0.81mg (40.65%), Iron: 5.86mg (32.56%), Phosphorus: 295.31mg (29.53%), Calcium: 263.36mg (26.34%), Vitamin B2: 0.37mg (21.91%), Folate: 83.73µg (20.93%), Vitamin B1: 0.3mg (19.74%), Copper: 0.31mg (15.41%), Vitamin B5: 1.48mg (14.77%), Vitamin B3: 2.72mg (13.61%), Zinc: 1.81mg (12.07%), Selenium: 3.34µg (4.76%), Vitamin E: 0.66mg (4.38%), Vitamin K: 3.84µg (3.66%)