



Vodka Blueberry Liqueur



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



533 kcal

BEVERAGE

DRINK

Ingredients



3 cups blueberries fresh



2 cups vodka



1 cup sugar white

Equipment

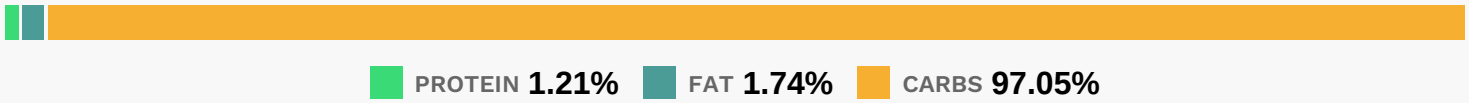
Directions



In a 2-quart jar dissolve sugar in vodka.

- ☐
- Pour in blueberries and cover the jar.
- ☐
- Store in cool, dark place for 2 months (refrigerator is okay). Occasionally shake gently. Strain and serve in cordial glasses, or if you prefer, over ice.

Nutrition Facts



Properties

Glycemic Index:31.27, Glycemic Load:40.28, Inflammation Score:-6, Nutrition Score:4.2560869377592%

Flavonoids

Cyanidin: 9.39mg, Cyanidin: 9.39mg, Cyanidin: 9.39mg, Cyanidin: 9.39mg Petunidin: 35mg, Petunidin: 35mg, Petunidin: 35mg, Petunidin: 35mg Delphinidin: 39.33mg, Delphinidin: 39.33mg, Delphinidin: 39.33mg, Delphinidin: 39.33mg Malvidin: 75.02mg, Malvidin: 75.02mg, Malvidin: 75.02mg, Malvidin: 75.02mg Peonidin: 22.52mg, Peonidin: 22.52mg, Peonidin: 22.52mg, Peonidin: 22.52mg Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg, Catechin: 5.87mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg, Kaempferol: 1.84mg Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg, Myricetin: 1.44mg Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg, Quercetin: 8.51mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 532.97kcal (26.65%), Fat: 0.53g (0.81%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 65.89g (21.96%), Net Carbohydrates: 63.23g (22.99%), Sugar: 60.96g (67.73%), Cholesterol: 0mg (0%), Sodium: 2.81mg (0.12%), Alcohol: 40.08g (100%), Alcohol %: 18.08% (100%), Protein: 0.82g (1.64%), Vitamin K: 21.42µg (20.4%), Manganese: 0.38mg (18.75%), Vitamin C: 10.77mg (13.05%), Fiber: 2.66g (10.66%), Vitamin E: 0.63mg (4.22%), Copper: 0.08mg (3.94%), Vitamin B2: 0.06mg (3.73%), Vitamin B1: 0.05mg (3.14%), Vitamin B6: 0.06mg (2.89%), Potassium: 87.67mg (2.5%), Vitamin B3: 0.46mg (2.32%), Iron: 0.35mg (1.93%), Phosphorus: 19.32mg (1.93%), Magnesium: 6.66mg (1.66%), Folate: 6.66µg (1.66%), Vitamin B5: 0.14mg (1.38%), Zinc: 0.18mg (1.22%), Vitamin A: 59.94IU (1.2%)