



Winter Drinks With Will: The Bloody Upper Lip



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



361 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounce cranberries
- ☐ 4 servings hendrick's gin dry
- ☐ 1 sprig rosemary
- ☐ 0.5 cup sugar divided
- ☐ 1 cup walnuts toasted

Equipment

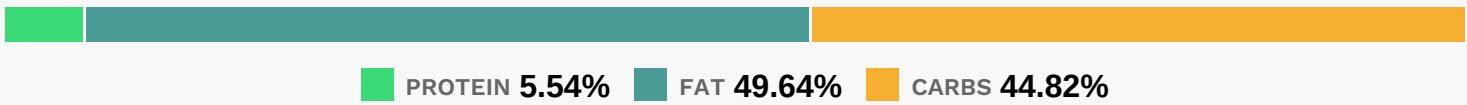
- ☐ food processor
- ☐ sauce pan

- ☐ sieve
- ☐ blender
- ☐ mortar and pestle

Directions

- ☐ Combine 1/2 cup sugar, cranberries, rosemary, and 2 cups water in small saucepan over medium-high heat. Cover and cook until cranberries are mostly popped, about 10 minutes. Uncover, reduce to a simmer, and cook until slightly thickened, about 10 minutes longer. Strain through fine mesh strainer, reserving syrup and solids.
- ☐ Meanwhile, grind walnuts and remaining tablespoon sugar in food processor, blender, or mortar and pestle until roughly powdered.
- ☐ Transfer to plate.
- ☐ For each drink, combine 2 ounces gin, 1 ounce cranberry syrup, and 1/4 cup strained cranberries in ice-filled cocktail shaker. Shake vigorously. Dip rim of chilled martini glass in water, then into walnut-sugar mixture. Strain drink into glass and serve immediately.

Nutrition Facts



Properties

Glycemic Index:55.02, Glycemic Load:21.08, Inflammation Score:-5, Nutrition Score:9.7656520086786%

Flavonoids

Cyanidin: 40.28mg, Cyanidin: 40.28mg, Cyanidin: 40.28mg, Cyanidin: 40.28mg Delphinidin: 6.52mg, Delphinidin: 6.52mg, Delphinidin: 6.52mg, Delphinidin: 6.52mg Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg, Malvidin: 0.37mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 41.81mg, Peonidin: 41.81mg, Peonidin: 41.81mg, Peonidin: 41.81mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 5.64mg, Myricetin: 5.64mg, Myricetin: 5.64mg, Myricetin: 5.64mg Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg

Nutrients (% of daily need)

Calories: 361.4kcal (18.07%), Fat: 19.27g (29.64%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 39.13g (13.04%), Net Carbohydrates: 34.1g (12.4%), Sugar: 29.34g (32.61%), Cholesterol: 0mg (0%), Sodium: 2.7mg (0.12%), Alcohol: 5.01g (100%), Alcohol %: 4.11% (100%), Protein: 4.84g (9.68%), Manganese: 1.31mg (65.45%), Copper: 0.52mg (25.89%), Fiber: 5.03g (20.13%), Vitamin C: 12.3mg (14.91%), Magnesium: 51.37mg (12.84%), Phosphorus: 111.18mg (11.12%), Vitamin B6: 0.21mg (10.31%), Vitamin E: 1.33mg (8.85%), Vitamin B1: 0.11mg (7.4%), Folate: 29.59µg (7.4%), Zinc: 0.99mg (6.6%), Iron: 1.07mg (5.96%), Potassium: 198.07mg (5.66%), Vitamin K: 5.04µg (4.8%), Vitamin B5: 0.42mg (4.18%), Vitamin B2: 0.07mg (3.9%), Calcium: 36.04mg (3.6%), Selenium: 1.67µg (2.38%), Vitamin B3: 0.42mg (2.08%), Vitamin A: 57.66IU (1.15%)