



Apple-Berry Shrub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups apple cider vinegar raw organic
- ☐ 16 servings seltzer water
- ☐ 1 pint raspberries fresh frozen thawed (or ,)
- ☐ 0.3 cup sugar

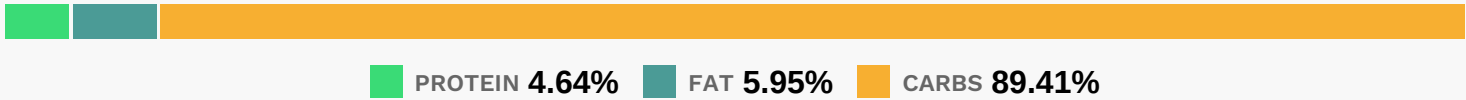
Equipment

- ☐ sauce pan

Directions

- ☐ Make the concentrate: Bring 1 pint fresh (or frozen, thawed) raspberries, blueberries, and/or blackberries, 1 1/2 cups Bragg Organic
- ☐ Raw Unfiltered Apple
- ☐ Cider Vinegar, and 1/4 cup sugar to a boil in a medium saucepan over medium heat; remove from heat. Steep for 30 minutes for berries to release their juices. Strain through a fine-mesh sieve into a glass jar, pressing on solids to extract as much liquid as possible. Cover; chill until cold. DO AHEAD: Concentrate can be made 3 days ahead. Keep chilled.
- ☐ For 1 serving, fill a 12-ounce glass with ice; add 2 tablespoons concentrate. Top with 1/3 cup club soda. Gently stir to blend.

Nutrition Facts



Properties

Glycemic Index: 8.51, Glycemic Load: 2.68, Inflammation Score: -1, Nutrition Score: 2.1260869593724%

Flavonoids

Cyanidin: 13.54mg, Cyanidin: 13.54mg, Cyanidin: 13.54mg, Cyanidin: 13.54mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.04mg, Epicatechin: 1.04mg, Epicatechin: 1.04mg, Epicatechin: 1.04mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 32.11kcal (1.61%), Fat: 0.2g (0.31%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 4.92g (1.79%), Sugar: 4.52g (5.02%), Cholesterol: 0mg (0%), Sodium: 1.66mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.71%), Manganese: 0.25mg (12.7%), Vitamin C: 7.75mg (9.39%), Fiber: 1.92g (7.69%), Vitamin K: 2.31µg (2.2%), Magnesium: 7.64mg (1.91%), Potassium: 61.1mg (1.75%), Vitamin E: 0.26mg (1.72%), Folate: 6.21µg (1.55%), Copper: 0.03mg (1.43%), Iron: 0.25mg (1.39%), Phosphorus: 10.37mg (1.04%)