

 100%
HEALTH SCORE

Apricot Rhyme

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



4320 min.

SERVINGS



1

CALORIES



3770 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 ounces apricots
- ☐ 7 ounces apricot dried
- ☐ 1 serving ice cubes
- ☐ 1 serving lemon wedges
- ☐ 750 mL rye flakes
- ☐ 0.8 ounce simple syrup glaze
- ☐ 1 cup caster sugar
- ☐ 1 serving thyme sprigs fresh

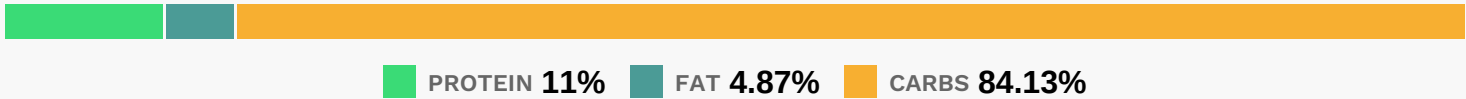
- ☐ 1 serving thyme leaves
- ☐ 0.5 ounce mirin dry
- ☐ 1 cup water

Equipment

Directions

- ☐ Combine dried apricots and rye in an airtight jar and let sit for 3 days. Strain out fruit.
- ☐ For the thyme simple syrup: Bring 1 cup water to a simmer, stir in sugar until dissolved.
- ☐ Add a fistful of fresh thyme. Once cool, pour syrup with thyme into a resealable jar, steep 24 hours before removing thyme.
- ☐ For the cocktail: Fill a cocktail shaker with ice.
- ☐ Add 1 1/2 ounces apricot infused rye, 3/4 ounce thyme simple syrup, 1/2 ounce dry vermouth, and squeezed lemon wedge (add peel to shaker.) Shake well, strain into ice-filled rocks glass, garnish with sprig of thyme.

Nutrition Facts



Properties

Glycemic Index:260.66, Glycemic Load:178, Inflammation Score:-10, Nutrition Score:76.146956485251%

Flavonoids

Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 3769.51kcal (188.48%), Fat: 22.1g (34.01%), Saturated Fat: 2.3g (14.41%), Carbohydrates: 860.06g (286.69%), Net Carbohydrates: 674.92g (245.42%), Sugar: 332.59g (369.54%), Cholesterol: 0mg (0%), Sodium:

56.93mg (2.48%), Alcohol: 1.35g (100%), Alcohol %: 0.11% (100%), Protein: 112.45g (224.91%), Manganese: 50.79mg (2539.59%), Fiber: 185.15g (740.58%), Selenium: 388.26µg (554.66%), Phosphorus: 4894.66mg (489.47%), Magnesium: 1936.09mg (484.02%), Iron: 54.67mg (303.69%), Copper: 6.04mg (302.02%), Zinc: 42.99mg (286.57%), Vitamin B3: 46.7mg (233.52%), Potassium: 7918.07mg (226.23%), Vitamin B6: 3.31mg (165.73%), Vitamin A: 8148.77IU (162.98%), Vitamin B1: 2.32mg (154.77%), Vitamin B2: 2.47mg (145.54%), Vitamin E: 19.47mg (129.82%), Vitamin B5: 12.39mg (123.86%), Calcium: 556.58mg (55.66%), Vitamin K: 51.81µg (49.34%), Folate: 137.18µg (34.3%), Vitamin C: 9.97mg (12.08%)