

Blackberry Royal



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



1506 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup balsamic vinegar
- ☐ 2.8 cups blackberries
- ☐ 1 ounce blackberries
- ☐ 1 serving lemon wedges
- ☐ 1 sprigs rosemary
- ☐ 1.5 cups sugar
- ☐ 3 cups water

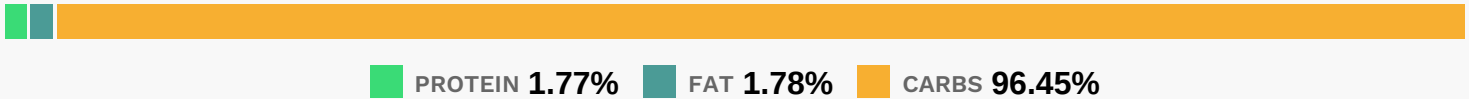
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ For the blackberry shrub: In a medium saucepan, cook blackberries with water and sugar on low heat until blackberries soften. Strain and discard solids. Return juice to the pan, add balsamic vinegar and rosemary. Bring to a slow boil.
- ☐ Let cool, then remove rosemary and chill shrub.
- ☐ For the cocktail, squeeze lemon into a champagne flute.
- ☐ Add blackberry shrub and cava, stir gently and serve.

Nutrition Facts



Properties

Glycemic Index:265.59, Glycemic Load:230.32, Inflammation Score:-9, Nutrition Score:29.256521328636%

Flavonoids

Cyanidin: 424.14mg, Cyanidin: 424.14mg, Cyanidin: 424.14mg, Cyanidin: 424.14mg Pelargonidin: 1.91mg, Pelargonidin: 1.91mg, Pelargonidin: 1.91mg, Pelargonidin: 1.91mg Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg, Peonidin: 0.89mg Catechin: 157.26mg, Catechin: 157.26mg, Catechin: 157.26mg, Catechin: 157.26mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 19.77mg, Epicatechin: 19.77mg, Epicatechin: 19.77mg, Epicatechin: 19.77mg Epigallocatechin 3-gallate: 2.89mg, Epigallocatechin 3-gallate: 2.89mg, Epigallocatechin 3-gallate: 2.89mg, Epigallocatechin 3-gallate: 2.89mg 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 Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 2.85mg, Myricetin: 2.85mg, Myricetin: 2.85mg, Myricetin: 2.85mg Quercetin: 15.2mg, Quercetin: 15.2mg, Quercetin: 15.2mg, Quercetin: 15.2mg

Nutrients (% of daily need)

Calories: 1506.39kcal (75.32%), Fat: 3.06g (4.7%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 372.31g (124.1%), Net Carbohydrates: 349.75g (127.18%), Sugar: 348.73g (387.47%), Cholesterol: 0mg (0%), Sodium: 86.79mg (3.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.7%), Manganese: 3.01mg (150.3%), Vitamin C: 89.7mg (108.73%), Fiber: 22.56g (90.24%), Vitamin K: 84.02µg (80.02%), Copper: 0.89mg (44.27%), Vitamin E: 4.97mg (33.11%), Magnesium: 115.22mg (28.8%), Folate: 106.5µg (26.63%), Potassium: 909.98mg (26%), Iron:

4.19mg (23.3%), Calcium: 200.53mg (20.05%), Vitamin A: 911.46IU (18.23%), Zinc: 2.51mg (16.71%), Vitamin B3: 2.74mg (13.72%), Phosphorus: 129.92mg (12.99%), Vitamin B5: 1.17mg (11.73%), Vitamin B2: 0.17mg (9.88%), Vitamin B6: 0.13mg (6.49%), Vitamin B1: 0.09mg (5.72%), Selenium: 3.51µg (5.01%)