



Blackberry-Sage Water



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



16 kcal

SIDE DISH

Ingredients



0.3 cup blackberries



2 sage fresh



2 cups seltzer water cold

Equipment



wooden spoon

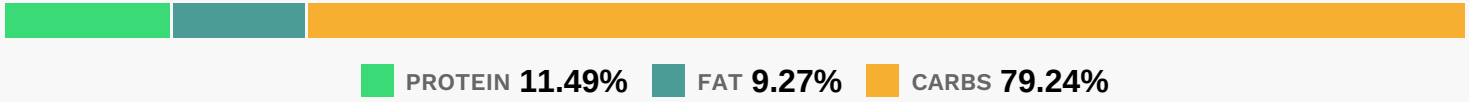


cheesecloth

Directions

- ☐
- Put blackberries and sage in a large cocktail shaker.
- ☐
- Add 1 tbsp. water; mash well with a muddler or end of a wooden spoon.
- ☐
- Stir in sparkling water, cover, then strain into an ice-filled glass (for a clearer drink, pour through cheesecloth).

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:3.40652176673%

Flavonoids

Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 15.6kcal (0.78%), Fat: 0.18g (0.28%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 1.56g (0.57%), Sugar: 1.76g (1.95%), Cholesterol: 0mg (0%), Sodium: 99.73mg (4.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (1.01%), Copper: 0.33mg (16.69%), Manganese: 0.25mg (12.27%), Vitamin C: 7.56mg (9.16%), Fiber: 1.91g (7.66%), Vitamin K: 7.13µg (6.79%), Zinc: 0.67mg (4.44%), Calcium: 34.63mg (3.46%), Magnesium: 12.07mg (3.02%), Vitamin E: 0.42mg (2.81%), Folate: 9µg (2.25%), Potassium: 68.13mg (1.95%), Iron: 0.28mg (1.55%), Vitamin A: 77.04IU (1.54%), Vitamin B3: 0.23mg (1.16%)