



Concord Grape Royal



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



110 min.

SERVINGS



8

CALORIES



171 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon aged balsamic vinegar
- ☐ 750 ml rose champagne chilled
- ☐ 8 servings concord grapes halved for serving
- ☐ 0.5 inch cube crystallized ginger
- ☐ 1 sprig rosemary fresh
- ☐ 4 cups percent concord grape juice
- ☐ 8 servings orange rinds for serving
- ☐ 8 servings orange bitters

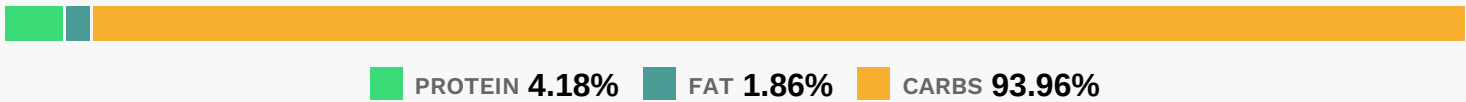
Equipment

- ☐ sauce pan

Directions

- ☐ Combine the grape juice, rosemary and ginger in a 2-quart saucepan. Reduce the mixture for 1 hour over medium-low heat. When the mixture has reduced by half, add the balsamic and continue cooking until the mixture has reduced by half again, about 10 minutes. Cool for 30 minutes. Strain and store in an airtight container in the refrigerator for up to a week.
- ☐ Add 1 ounce of the grape syrup to each champagne flute. Top with 4 ounces champagne and 2 to 3 dashes of bitters. Top each glass with a skewered grape half and orange rind piece.

Nutrition Facts



Properties

Glycemic Index:17.31, Glycemic Load:3.73, Inflammation Score:-6, Nutrition Score:6.88782601512%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Petunidin: 1.29mg, Petunidin: 1.29mg, Petunidin: 1.29mg, Petunidin: 1.29mg Delphinidin: 2.43mg, Delphinidin: 2.43mg, Delphinidin: 2.43mg, Delphinidin: 2.43mg Malvidin: 14.13mg, Malvidin: 14.13mg, Malvidin: 14.13mg, Malvidin: 14.13mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 1.34mg, Peonidin: 1.34mg, Peonidin: 1.34mg, Peonidin: 1.34mg Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 170.55kcal (8.53%), Fat: 0.27g (0.42%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 31.27g (10.42%), Net Carbohydrates: 28.85g (10.49%), Sugar: 27.95g (31.06%), Cholesterol: 0mg (0%), Sodium: 13.06mg (0.57%), Alcohol: 6.44g (100%), Alcohol %: 2.61% (100%), Protein: 1.39g (2.78%), Vitamin C: 48.04mg (58.23%), Manganese: 0.33mg (16.32%), Potassium: 379.45mg (10.84%), Fiber: 2.42g (9.7%), Magnesium: 31.16mg (7.79%), Folate: 27.97µg (6.99%), Vitamin B1: 0.1mg (6.7%), Calcium: 58.64mg (5.86%), Vitamin B6: 0.11mg (5.7%), Phosphorus: 44.66mg

(4.47%), Iron: 0.79mg (4.38%), Vitamin A: 213.65IU (4.27%), Vitamin B2: 0.06mg (3.83%), Copper: 0.08mg (3.75%),
Vitamin B5: 0.29mg (2.86%), Vitamin B3: 0.52mg (2.59%), Zinc: 0.23mg (1.52%), Vitamin E: 0.16mg (1.09%)