



Easy Does It, Baby



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



85 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups seltzer water
- ☐ 750 milliliter mirin dry
- ☐ 4 cups grapefruit juice fresh
- ☐ 750 milliliter rose hips dry
- ☐ 6 sprigs thyme leaves

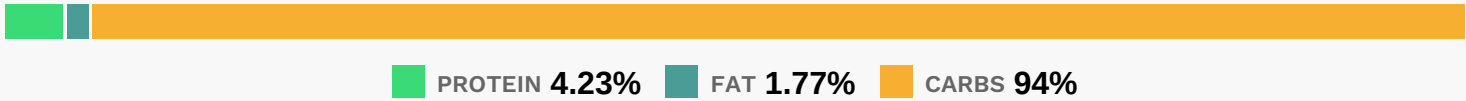
Equipment

- ☐ bowl

Directions

- ☐ Combine thyme sprigs, Aperol, vermouth, and grapefruit juice in a punch bowl and chill 2–6 hours.
- ☐ Thirty minutes before serving, add ice cubes or ice ring, wine, and club soda.

Nutrition Facts



Properties

Glycemic Index:4.65, Glycemic Load:2.51, Inflammation Score:-8, Nutrition Score:8.2004347676816%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg

Nutrients (% of daily need)

Calories: 85.06kcal (4.25%), Fat: 0.12g (0.19%), Saturated Fat: 0g (0.01%), Carbohydrates: 14.43g (4.81%), Net Carbohydrates: 9.49g (3.45%), Sugar: 5.71g (6.35%), Cholesterol: 0mg (0%), Sodium: 6.74mg (0.29%), Alcohol: 3.61g (100%), Alcohol %: 3.54% (100%), Protein: 0.65g (1.3%), Vitamin C: 98.93mg (119.92%), Fiber: 4.94g (19.76%), Vitamin A: 892.2IU (17.84%), Manganese: 0.21mg (10.54%), Vitamin E: 1.18mg (7.84%), Vitamin K: 5.21µg (4.97%), Magnesium: 19.33mg (4.83%), Potassium: 165.12mg (4.72%), Calcium: 40.19mg (4.02%), Iron: 0.46mg (2.54%), Vitamin B5: 0.21mg (2.09%), Vitamin B2: 0.03mg (2.05%), Vitamin B3: 0.41mg (2.04%), Phosphorus: 17.79mg (1.78%), Copper: 0.03mg (1.29%)