



Gonna Rockie Your Sockie

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



8

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 servings st. germain (recommended: St. Germain)
- 2 tablespoons hibiscus powder (may substitute granulated sugar)
- 8 servings ice cubes
- 8 lychees
- 32 inch orange peels (using vegetable peeler)
- 4 bags hibiscus and passion fruit tea (recommended: Tazo's Passion)
- 750 ml genmai sake
- 2 medium strawberries quartered

Equipment

bowl

Directions

Watch how to make this recipe.

Stuff lychees with the strawberry pieces. Rim dampened martini glasses with hibiscus powder. Fill mixing glass with ice. For each drink, add 3 ounces of the sake infusion, 1/2 ounce Elderflower liqueur, and 2 large pieces of orange zest. Shake ingredients in a Boston Shaker and pour into prepped martini glasses.

Garnish with stuffed lychees.

Pour sake into a medium bowl or pitcher.

Add tea bags and steep for 10 to 15 minutes.

Nutrition Facts



PROTEIN 7.31% **FAT 2.11%** **CARBS 90.58%**

Properties

Glycemic Index:29.82, Glycemic Load:3.43, Inflammation Score:-6, Nutrition Score:2.0204347854723%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.75mg, Pelargonidin: 0.75mg, Pelargonidin: 0.75mg, Pelargonidin: 0.75mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 157.17kcal (7.86%), Fat: 0.12g (0.18%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 11.5g (3.83%), Net Carbohydrates: 10.85g (3.94%), Sugar: 5.1g (5.67%), Cholesterol: 0mg (0%), Sodium: 9.78mg (0.43%), Alcohol: 15.31g (100%), Alcohol %: 10.86% (100%), Protein: 0.93g (1.86%), Vitamin C: 10.12mg (12.27%), Vitamin A: 522.64IU (10.45%), Fiber: 0.65g (2.59%), Magnesium: 10.24mg (2.56%), Copper: 0.04mg (2.19%), Manganese: 0.04mg (2.1%), Selenium: 1.47µg (2.09%), Potassium: 68.8mg (1.97%), Phosphorus: 15.86mg (1.59%), Iron: 0.24mg (1.36%), Folate:

5.14µg (1.28%), Vitamin B6: 0.02mg (1.08%), Vitamin B3: 0.21mg (1.03%)