



Hawksworth's Blue Lavender



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



1

CALORIES



3367 kcal

SIDE DISH

Ingredients

- ☐ 1 sprig blueberries fresh
- ☐ 2 ounces pomegranate-blueberry juice concentrate such as bremner's
- ☐ 1 cup culinary lavender buds fresh
- ☐ 0.5 ounce lavender syrup
- ☐ 0.5 ounce juice of lemon fresh
- ☐ 4 cups sugar raw
- ☐ 1 serving seltzer water
- ☐ 1 quart water

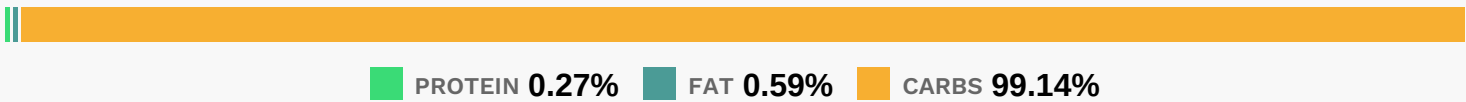
Equipment

- ☐ sauce pan
- ☐ pot
- ☐ sieve
- ☐ cheesecloth
- ☐ drinking straws

Directions

- ☐ Combine lavender flowers and the water in a medium sized pot and bring to a boil. Simmer at medium heat for 15 minutes.
- ☐ Strain through fine mesh strainer set in medium saucepan and add raw sugar to the liquid. Bring to a gentle boil and stir until dissolved, about 1 minute. Strain mixture through a sieve lined with cheesecloth folded over four times. Store in the fridge in a sealed container until ready to use (up to 1 week)
- ☐ For the Cocktail: Fill a Collins glass with cracked ice.
- ☐ Layer in the blueberry juice, lavender syrup, and lemon juice in order. Top the glass with sparkling water.
- ☐ Garnish with whole blueberries and a lavender sprig.
- ☐ Serve with a straw.

Nutrition Facts



Properties

Glycemic Index:140, Glycemic Load:9.53, Inflammation Score:-1, Nutrition Score:10.566087006875%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.32mg, Petunidin: 0.32mg, Petunidin: 0.32mg, Petunidin: 0.32mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.68mg, Malvidin: 0.68mg, Malvidin: 0.68mg, Malvidin: 0.68mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.69mg,
Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 2.05mg, Hesperetin: 2.05mg,
Hesperetin: 2.05mg, Hesperetin: 2.05mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin:
0.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg,
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin:
0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 3366.99kcal (168.35%), Fat: 2.24g (3.44%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 839.43g
(279.81%), Net Carbohydrates: 839.37g (305.22%), Sugar: 806.57g (896.19%), Cholesterol: 0mg (0%), Sodium:
91.38mg (3.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.51%), Vitamin C: 55.06mg (66.74%),
Calcium: 610.77mg (61.08%), Iron: 7.8mg (43.31%), Manganese: 0.37mg (18.65%), Vitamin A: 664.79IU (13.3%),
Copper: 0.23mg (11.5%), Potassium: 306.92mg (8.77%), Vitamin E: 1.06mg (7.1%), Magnesium: 26.95mg (6.74%),
Zinc: 0.36mg (2.42%)