



H.K. Rose



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



1277 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 ounces honey (a standard honey bear)
- ☐ 1 serving ice cubes
- ☐ 6 ounces culinary lavender buds dried
- ☐ 1 tablespoon lavender honey
- ☐ 1 serving lime
- ☐ 1 dash rosewater
- ☐ 1 ounce mirin such as dolin
- ☐ 3 ounces cooking wine dry

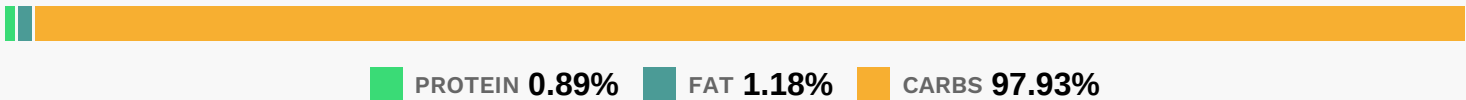
Equipment

- ☐ sauce pan
- ☐ funnel

Directions

- ☐ For the lavender-infused honey: heat honey and lavender in a small saucepan over medium-high heat for about ten minutes.
- ☐ Let cool. Strain and funnel back into original container.
- ☐ For the cocktail: fill a rocks glass with ice.
- ☐ Add ros  , vermouth, honey, and rosewater. Stir to combine.
- ☐ Garnish with lemon or lime curl and serve immediately.

Nutrition Facts



Properties

Glycemic Index:151.55, Glycemic Load:155.72, Inflammation Score:-5, Nutrition Score:8.3139129844697%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1276.75kcal (63.84%), Fat: 1.72g (2.64%), Saturated Fat: 0g (0.01%), Carbohydrates: 320.44g (106.81%), Net Carbohydrates: 319.52g (116.19%), Sugar: 297.33g (330.37%), Cholesterol: 0mg (0%), Sodium: 21.64mg (0.94%), Alcohol: 11.54g (100%), Alcohol %: 2.06% (100%), Protein: 2.91g (5.83%), Calcium: 406.68mg (40.67%), Vitamin C: 24.25mg (29.4%), Iron: 5.24mg (29.12%), Manganese: 0.4mg (19.75%), Vitamin A: 513.79IU (10.28%), Vitamin B2: 0.16mg (9.31%), Potassium: 279.16mg (7.98%), Copper: 0.15mg (7.47%), Vitamin B6: 0.14mg (6.78%), Zinc: 0.92mg (6.12%), Selenium: 3.09  g (4.41%), Magnesium: 17.56mg (4.39%), Fiber: 0.92g (3.67%), Phosphorus: 32.72mg (3.27%), Vitamin B3: 0.59mg (2.96%), Vitamin B5: 0.29mg (2.92%), Folate: 8.63  g (2.16%)