



Holiday Brunch Tonic

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



128 kcal

BEVERAGE

DRINK

Ingredients

- 3 cups seltzer water chilled
- 4 cups cranberry juice cocktail chilled
- 2 cups orange juice fresh chilled (6 oranges)
- 4 rosemary
- 1 cup sugar
- 1 cup water

Equipment

- bowl

sauce pan

Directions

- Combine sugar and water in a small saucepan; bring to a boil. Reduce heat, and simmer 4 minutes or until sugar dissolves.
- Add rosemary; simmer 5 minutes.
- Remove from heat.
- Pour sugar syrup into a bowl; cover and refrigerate overnight.
- Uncover sugar syrup; remove and discard rosemary sprigs.
- Combine the sugar syrup, juices, and soda in a large pitcher.
- Serve immediately over ice.

Nutrition Facts

 **PROTEIN 0.88%**  **FAT 1.53%**  **CARBS 97.59%**

Properties

Glycemic Index:21.01, Glycemic Load:20.66, Inflammation Score:-3, Nutrition Score:4.1273912968843%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 128.42kcal (6.42%), Fat: 0.23g (0.35%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 32.31g (10.77%), Net Carbohydrates: 32.21g (11.71%), Sugar: 30.14g (33.49%), Cholesterol: 0mg (0%), Sodium: 15.69mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.58%), Vitamin C: 56.36mg (68.32%), Folate: 12.5µg (3.13%), Potassium: 96.31mg (2.75%), Vitamin B1: 0.04mg (2.49%), Manganese: 0.05mg (2.41%), Vitamin A: 90.46IU (1.81%),

Copper: 0.03mg (1.73%), Magnesium: 6.25mg (1.56%), Vitamin E: 0.2mg (1.35%), Vitamin B5: 0.12mg (1.22%),
Calcium: 11.22mg (1.12%), Iron: 0.19mg (1.06%)