



## Moonshine-Cherry Blush

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



115 kcal

SIDE DISH

### Ingredients

- 0.3 cup basil leaves fresh loosely packed
- 0.3 cup mint leaves fresh loosely packed
- 1 cup grenadine syrup
- 1 slices garnishes: lemon basil leaves fresh
- 1 cup basil-lemon moonshine
- 0.3 cup juice of lemon fresh
- 8 cups seltzer water
- 0.3 cup sugar

# Equipment

blender

# Directions

Process first 3 ingredients in a blender about 20 seconds or until herbs are minced. Stir together moonshine, next 2 ingredients, and sugar mixture in a pitcher until sugar dissolves. Gently stir in sparkling water.

Serve immediately over ice.

# Nutrition Facts

**PROTEIN 0.57%** **FAT 0.55%** **CARBS 98.88%**

# Properties

Glycemic Index:31.01, Glycemic Load:26.09, Inflammation Score:-2, Nutrition Score:1.6373913016008%

# Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

# Nutrients (% of daily need)

Calories: 114.86kcal (5.74%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 28.9g (9.63%), Net Carbohydrates: 28.74g (10.45%), Sugar: 21.8g (24.22%), Cholesterol: 0mg (0%), Sodium: 49.01mg (2.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.17g (0.33%), Vitamin K: 12.45µg (11.86%), Vitamin C: 4.05mg (4.9%), Vitamin A: 206.57IU (4.13%), Manganese: 0.05mg (2.54%), Calcium: 20.04mg (2%), Copper: 0.04mg (1.84%), Zinc: 0.27mg (1.82%), Magnesium: 6.48mg (1.62%), Folate: 4.95µg (1.24%), Iron: 0.2mg (1.1%), Potassium: 36.53mg (1.04%)