

New York Shrub

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



1

CALORIES



293 kcal

SIDE DISH

Ingredients

- 0.5 cup balsamic vinegar (see note above)
- 0.8 ounce juice of lemon fresh
- 1.5 ounce rye flakes
- 0.5 ounce simple syrup glaze (see note above)

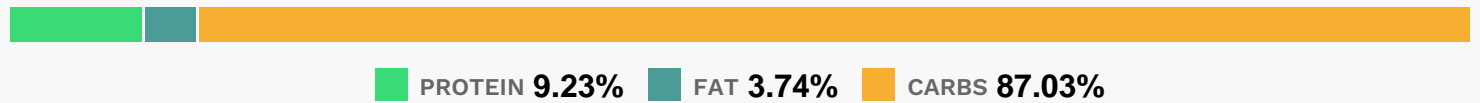
Equipment

- sauce pan

Directions

- Pour balsamic vinegar into small saucepan, bring to a boil.
- Let simmer until reduced by half, about 10 minutes.
- Let cool to room temperature.
- To make cocktail, pour rye, lemon, simple syrup, and 1 barspoon of balsamic reduction into a cocktail shaker. Fill with ice and shake until well chilled, about 15 seconds. Strain into and ice-filled rocks glass.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:10.86, Inflammation Score:-5, Nutrition Score:16.180869521978%

Flavonoids

Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 292.79kcal (14.64%), Fat: 1.2g (1.84%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 62.76g (20.92%), Net Carbohydrates: 53.09g (19.3%), Sugar: 30.4g (33.78%), Cholesterol: 0mg (0%), Sodium: 38.18mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.65g (13.31%), Manganese: 3.02mg (150.94%), Fiber: 9.67g (38.7%), Selenium: 21.81µg (31.15%), Magnesium: 123.45mg (30.86%), Phosphorus: 295.81mg (29.58%), Iron: 4.17mg (23.15%), Copper: 0.34mg (16.85%), Zinc: 2.52mg (16.81%), Potassium: 484.06mg (13.83%), Vitamin B3: 2.37mg (11.86%), Vitamin B1: 0.15mg (10.07%), Vitamin C: 8.23mg (9.97%), Vitamin B6: 0.18mg (8.99%), Vitamin B2: 0.14mg (8.19%), Vitamin B5: 0.67mg (6.66%), Calcium: 61.36mg (6.14%), Vitamin E: 0.63mg (4.18%), Folate: 10.63µg (2.66%), Vitamin K: 2.51µg (2.39%)