

Night Flower



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



599 kcal

SIDE DISH

Ingredients

- ☐ 2 ounces almonds
- ☐ 10 blanchd almonds and raw
- ☐ 0.3 cup honey
- ☐ 2 servings ice cubes
- ☐ 0.5 cup jasmine rice dried
- ☐ 2 ounces jasmine rice
- ☐ 1 juice of lime
- ☐ 9 ounces seltzer water

☐ 24 ounces water

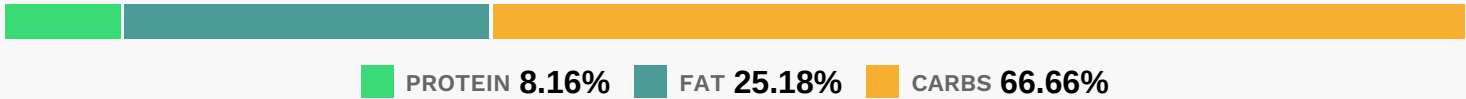
Equipment

☐ sauce pan

Directions

- ☐ In a small saucepan, bring the almond syrup and distilled or tap water to a boil over high heat. Reduce the heat to moderate and simmer, uncovered, until reduced by half, 12 to 15 minutes. DO AHEAD: Almond elixir can be prepared in advance and refrigerated up to 2 weeks.
- ☐ In a small saucepan, bring the jasmine flowers and distilled or tap water to a boil over high heat. Reduce the heat to moderate and simmer, uncovered, until reduced by half, about 15 minutes. DO AHEAD: Jasmine elixir can be prepared in advance and refrigerated up to 2 weeks.
- ☐ Pour the lime juice onto a small plate and spread the granulated honey on a second small plate. Dip the rim of a 12-ounce glass into the lime juice, then dip it into the granulated honey to lightly coat. Repeat with a second 12-ounce glass.
- ☐ Pour 1 ounce each of the almond elixir, jasmine elixir, and simple syrup into each prepared glass.
- ☐ Add ice and enough soda water to fill each glass.

Nutrition Facts



Properties

Glycemic Index:92.32, Glycemic Load:54.36, Inflammation Score:-5, Nutrition Score:16.692608493826%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg, Epigallocatechin: 0.73mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.18mg,

Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 598.5kcal (29.93%), Fat: 17.28g (26.58%), Saturated Fat: 1.41g (8.82%), Carbohydrates: 102.88g (34.29%), Net Carbohydrates: 97.73g (35.54%), Sugar: 36.6g (40.66%), Cholesterol: 0mg (0%), Sodium: 53.56mg (2.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.59g (25.18%), Manganese: 1.59mg (79.45%), Vitamin E: 8.56mg (57.07%), Copper: 0.6mg (29.89%), Magnesium: 115.88mg (28.97%), Phosphorus: 250mg (25%), Vitamin B2: 0.41mg (24.33%), Fiber: 5.15g (20.61%), Selenium: 12.94µg (18.49%), Zinc: 2.12mg (14.12%), Calcium: 131.86mg (13.19%), Vitamin B3: 2.47mg (12.34%), Iron: 2.02mg (11.2%), Potassium: 368.68mg (10.53%), Vitamin B5: 0.95mg (9.52%), Vitamin B6: 0.18mg (9.14%), Vitamin B1: 0.12mg (8.24%), Folate: 23.24µg (5.81%), Vitamin C: 4.71mg (5.71%)