



Peach and Rosemary Cocktail



Vegetarian



Vegan



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



1169 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 ounces bourbon
- ☐ 0.5 ounce juice of lemon fresh
- ☐ 4 slices peaches ripe
- ☐ 1 sprig rosemary
- ☐ 0.5 ounce simple syrup glaze (see recipe below)
- ☐ 1 cup sugar
- ☐ 1 cup water

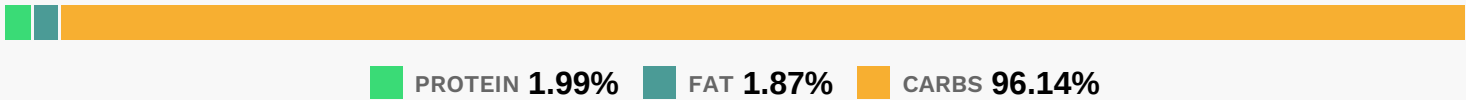
Equipment

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine water, rosemary, and sugar in a small saucepan.
- ☐ Heat over high heat until boiling, stirring to dissolve sugar. Reduce to a simmer and continue to cook until for 10 minutes.
- ☐ Remove from heat and let cool. Strain through a fine mesh strainer. Rosemary syrup will keep for one week in a sealed container in the refrigerator.
- ☐ For the Cocktail: Muddle the peach slices and rosemary syrup in the bottom of a cocktail shaker. Fill the shaker with ice, add the lemon juice and bourbon and shake for 10 seconds. Strain through a mini strainer into a cocktail glass.
- ☐ Garnish with a rosemary sprig.

Nutrition Facts



Properties

Glycemic Index:195.34, Glycemic Load:160.96, Inflammation Score:-9, Nutrition Score:16.851304489633%

Flavonoids

Cyanidin: 11.83mg, Cyanidin: 11.83mg, Cyanidin: 11.83mg, Cyanidin: 11.83mg Catechin: 30.31mg, Catechin: 30.31mg, Catechin: 30.31mg, Catechin: 30.31mg Epigallocatechin: 6.41mg, Epigallocatechin: 6.41mg, Epigallocatechin: 6.41mg, Epigallocatechin: 6.41mg Epicatechin: 14.41mg, Epicatechin: 14.41mg, Epicatechin: 14.41mg, Epicatechin: 14.41mg Epigallocatechin 3-gallate: 1.85mg, Epigallocatechin 3-gallate: 1.85mg, Epigallocatechin 3-gallate: 1.85mg, Epigallocatechin 3-gallate: 1.85mg Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 1168.53kcal (58.43%), Fat: 2.35g (3.62%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 272.83g (90.94%), Net Carbohydrates: 263.5g (95.82%), Sugar: 262.02g (291.13%), Cholesterol: 0mg (0%), Sodium: 102.75mg (4.47%), Alcohol: 14.2g (100%), Alcohol %: 1.6% (100%), Protein: 5.66g (11.32%), Vitamin A: 2012.14IU (40.24%), Vitamin C: 30.8mg (37.34%), Fiber: 9.33g (37.3%), Vitamin E: 4.52mg (30.12%), Copper: 0.55mg (27.35%), Vitamin B3: 5mg

(24.99%), Potassium: 780.86mg (22.31%), Selenium: 14.25µg (20.36%), Manganese: 0.4mg (19.75%), Vitamin K: 18.48µg (17.6%), Iron: 2.76mg (15.35%), Vitamin B2: 0.24mg (14.22%), Phosphorus: 139.56mg (13.96%), Magnesium: 54.13mg (13.53%), Vitamin B1: 0.17mg (11.52%), Zinc: 1.51mg (10.1%), Folate: 40.1µg (10.03%), Vitamin B5: 0.96mg (9.61%), Vitamin B6: 0.16mg (8.13%), Calcium: 37.71mg (3.77%)