

Persephone



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



376 kcal

SIDE DISH

Ingredients

- ☐ 2 servings ice cubes
- ☐ 8 ounces mango juice pure
- ☐ 1 juice of lime
- ☐ 0.3 cup lavender crystals
- ☐ 0.3 cup culinary lavender dried
- ☐ 2 ounces mango elixir
- ☐ 2 ounces pomegranate juice
- ☐ 9 ounces soda water

- ☐ 0.7 cup caster sugar
- ☐ 8 ounces tap water

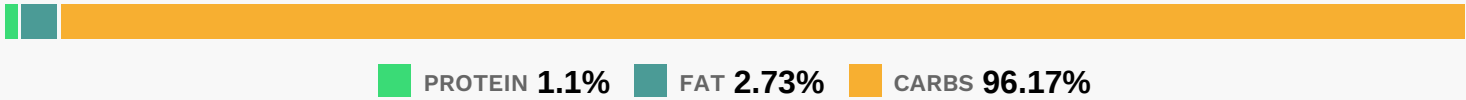
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ In a food processor, process the lavender and sugar until fully combined, about 1 minute—the mixture will look like a fine powder. DO AHEAD: Lavender crystals can be prepared in advance and stored, in an airtight container at room temperature, up to 2 weeks.
- ☐ In a small saucepan, bring the mango juice 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: Mango elixir can be prepared in advance and refrigerated up to 2 weeks.
- ☐ Pour the lime juice onto a small plate and spread the lavender crystals on a second small plate. Dip the rim of a 12-ounce glass into the lime juice, then dip it into the lavender crystals to lightly coat. Repeat with a second 12-ounce glass.
- ☐ Pour 1 ounce each of the mango elixir, pomegranate juice, and simple syrup into each prepared glass.
- ☐ Add ice and enough soda water to fill each glass.

Nutrition Facts



Properties

Glycemic Index:81.3, Glycemic Load:53.64, Inflammation Score:-4, Nutrition Score:5.1673912898354%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg, Catechin: 1.91mg Epicatechin: 5.34mg, Epicatechin: 5.34mg, Epicatechin: 5.34mg, Epicatechin: 5.34mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg

1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 376.34kcal (18.82%), Fat: 1.2g (1.85%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 95.5g (31.83%), Net Carbohydrates: 94.73g (34.45%), Sugar: 85.15g (94.61%), Cholesterol: 0mg (0%), Sodium: 43.6mg (1.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.09g (2.19%), Vitamin C: 23.57mg (28.57%), Calcium: 170.7mg (17.07%), Vitamin A: 507.88IU (10.16%), Iron: 1.54mg (8.55%), Potassium: 244.26mg (6.98%), Manganese: 0.14mg (6.77%), Folate: 20.49µg (5.12%), Copper: 0.09mg (4.73%), Vitamin K: 4.23µg (4.03%), Magnesium: 14.66mg (3.66%), Vitamin B6: 0.07mg (3.56%), Fiber: 0.77g (3.07%), Vitamin B2: 0.05mg (2.9%), Vitamin E: 0.41mg (2.71%), Vitamin B1: 0.04mg (2.65%), Vitamin B5: 0.21mg (2.11%), Vitamin B3: 0.36mg (1.8%), Phosphorus: 17.13mg (1.71%), Zinc: 0.24mg (1.58%), Selenium: 0.78µg (1.12%)