



Plum-Blueberry Spritzers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



46 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 plums black pitted ripe cut into eighths
- ☐ 1 cup blueberries fresh ripe
- ☐ 8 cups club soda cold for serving
- ☐ 8 bay leaves fresh for garnish
- ☐ 0.3 cup sugar
- ☐ 5 cups water

Equipment

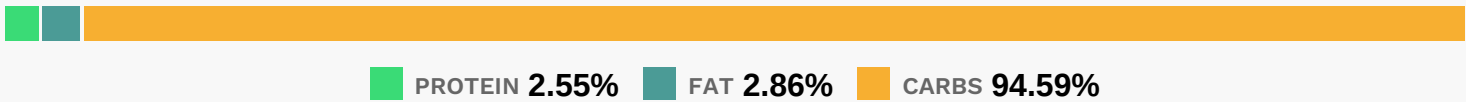
- ☐ frying pan

- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ spatula

Directions

- ☐ Bring the water to a boil in a medium saucepan.
- ☐ Add the blueberries, plums, 8 bay leaves and sugar, cover and boil over high heat, stirring, until the juice is reduced to about 3 cups and the plums are tender, about 20 minutes. Strain the mixture through a fine sieve, pressing lightly with a spatula to extract the juice; reserve the bay leaves. Return the juice to the pan, add the reserved bay leaves and simmer over moderate heat until reduced to 2 cups, about 10 minutes. Discard the bay leaves; let the syrup cool.
- ☐ For each drink, gently whisk 1/4 cup of the plum-blueberry syrup into 1 cup of cold club soda, pour into a glass, garnish with a bay leaf and serve.
- ☐ Make Ahead: The syrup can be refrigerated for 1 week.
- ☐ Pour 2 tablespoons of the berry syrup into a Champagne flute and top with Champagne.

Nutrition Facts



Properties

Glycemic Index:18.59, Glycemic Load:6.22, Inflammation Score:-2, Nutrition Score:1.6430434694757%

Flavonoids

Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.83mg, Peonidin: 3.83mg, Peonidin: 3.83mg, Peonidin: 3.83mg Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg

0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 46.31kcal (2.32%), Fat: 0.16g (0.24%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 11.8g (3.93%), Net Carbohydrates: 10.99g (4%), Sugar: 10.54g (11.71%), Cholesterol: 0mg (0%), Sodium: 57.35mg (2.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.64%), Vitamin C: 4.19mg (5.08%), Vitamin K: 5.15µg (4.91%), Manganese: 0.09mg (4.29%), Fiber: 0.82g (3.27%), Copper: 0.06mg (3.17%), Zinc: 0.31mg (2.07%), Vitamin A: 101.56IU (2.03%), Calcium: 19.76mg (1.98%), Magnesium: 6.81mg (1.7%), Potassium: 58.49mg (1.67%), Vitamin E: 0.17mg (1.13%)