



Pomegranate-Apple Shrub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



103 kcal

SIDE DISH

Ingredients



1.3 cups apple cider unsweetened



2 tablespoons apple cider vinegar



3 servings ice cubes



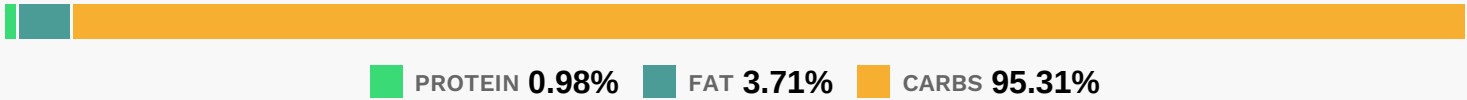
1.3 cups pomegranate juice

Equipment

Directions

- ☐
- Combine first 3 ingredients in a pitcher. Cover and refrigerate 1 hour or until thoroughly chilled.
- ☐
- Fill 3 glasses with ice; pour shrub over ice.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.92, Glycemic Load:4.49, Inflammation Score:-1, Nutrition Score:2.8439130765264%

Flavonoids

Cyanidin: 2.51mg, Cyanidin: 2.51mg, Cyanidin: 2.51mg, Cyanidin: 2.51mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epicatechin: 4.63mg, Epicatechin: 4.63mg, Epicatechin: 4.63mg, Epicatechin: 4.63mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

Nutrients (% of daily need)

Calories: 103.36kcal (5.17%), Fat: 0.43g (0.66%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 24.8g (8.27%), Net Carbohydrates: 24.5g (8.91%), Sugar: 22.57g (25.08%), Cholesterol: 0mg (0%), Sodium: 16.57mg (0.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.51%), Vitamin K: 10.79µg (10.28%), Manganese: 0.2mg (9.81%), Potassium: 328.64mg (9.39%), Folate: 24.9µg (6.22%), Vitamin B5: 0.34mg (3.44%), Magnesium: 13.24mg (3.31%), Vitamin B6: 0.06mg (2.96%), Vitamin E: 0.4mg (2.69%), Vitamin B1: 0.04mg (2.41%), Calcium: 21.66mg (2.17%), Copper: 0.04mg (2.17%), Phosphorus: 19.1mg (1.91%), Vitamin B2: 0.03mg (1.9%), Vitamin B3: 0.31mg (1.57%), Iron: 0.24mg (1.34%), Vitamin C: 0.99mg (1.2%), Fiber: 0.3g (1.2%)