



Pomegranate-Rosemary Royale



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons rosemary leaves fresh
- ☐ 0.5 cup pomegranate juice
- ☐ 2 cups sparkling wine
- ☐ 1 tablespoon sugar
- ☐ 0.3 cup water

Equipment

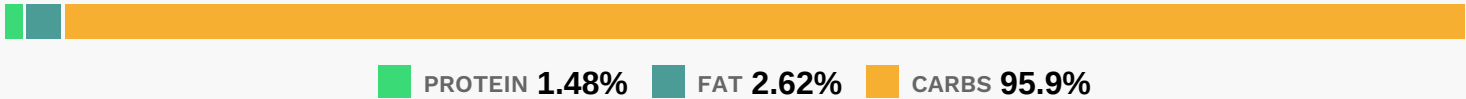
- ☐ bowl
- ☐ sauce pan

☐ sieve

Directions

- ☐ Combine 1/4 cup water and sugar in a small saucepan; bring to a simmer, stirring until sugar dissolves.
- ☐ Remove from heat.
- ☐ Add rosemary; let stand 30 minutes. Strain through a sieve into a bowl; discard solids.
- ☐ Pour 2 tablespoons pomegranate juice and 1 tablespoon rosemary syrup into 4 Champagne glasses. Top each serving with 1/2 cup Champagne.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:2.09, Inflammation Score:-4, Nutrition Score:1.3056521669192%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 86.24kcal (4.31%), Fat: 0.1g (0.16%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 8.46g (2.82%), Net Carbohydrates: 8.42g (3.06%), Sugar: 8.27g (9.19%), Cholesterol: 0mg (0%), Sodium: 11.84mg (0.51%), Alcohol: 7.55g (100%), Alcohol %: 5.73% (100%), Protein: 0.13g (0.26%), Potassium: 170.84mg (4.88%), Magnesium: 14.17mg (3.54%), Vitamin K: 3.24µg (3.08%), Iron: 0.51mg (2.82%), Folate: 8.7µg (2.18%), Phosphorus: 21.16mg (2.12%), Vitamin B6: 0.04mg (1.81%), Manganese: 0.03mg (1.51%), Calcium: 14.68mg (1.47%), Copper: 0.02mg (1.11%), Vitamin B2: 0.02mg (1.01%)