



Raspberry and Rosé Petal Punch



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



64 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 9 servings ice for decoration
- ☐ 36 ice cubes (three trays' worth)
- ☐ 2 pints raspberries fresh
- ☐ 1 cup rose hips
- ☐ 2 quarts seltzer water chilled
- ☐ 64 ounce apple juice chilled

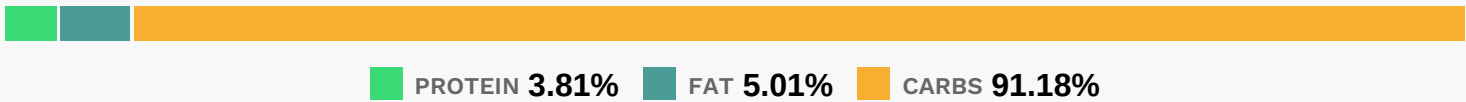
Equipment

- ☐ bowl

Directions

- ☐ Pour the juice and soda water into a large punch bowl.
- ☐ Gradually stir in the syrup, tasting regularly until you reach the desired sweetness and fragrance. Refrigerate until it's time to serve.
- ☐ Just before serving, stir in the ice and scatter the raspberries and flowers over the top.
- ☐ Find rose-petal syrup at ethnic food shops (or online at Kalustyans)—it's a deep red-colored liquid commonly served in the eastern Mediterranean. For quick drinks, mix it with soda or milk. Be sure not to confuse this syrup with rose water, though. If you are going to use flowers for decoration in the punch, be sure that they are edible and not treated with pesticides. Most good produce shops will stock chrysanthemums and orchids—both are good for sweet foods. Edible violets and pink roses can be found in some florists or farmer's markets.

Nutrition Facts



Properties

Glycemic Index:2.78, Glycemic Load:3.97, Inflammation Score:-4, Nutrition Score:5.3286956432073%

Flavonoids

Cyanidin: 18.06mg, Cyanidin: 18.06mg, Cyanidin: 18.06mg, Cyanidin: 18.06mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg, Catechin: 1.46mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 4.95mg, Epicatechin: 4.95mg, Epicatechin: 4.95mg, Epicatechin: 4.95mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 63.91kcal (3.2%), Fat: 0.37g (0.57%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 15.27g (5.09%), Net Carbohydrates: 11.28g (4.1%), Sugar: 9.15g (10.17%), Cholesterol: 0mg (0%), Sodium: 21.26mg (0.92%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 0.64g (1.27%), Vitamin C: 33.66mg (40.8%), Manganese: 0.37mg (18.74%), Fiber: 3.99g (15.96%), Vitamin A: 250.99IU (5.02%), Potassium: 160.82mg (4.59%), Vitamin E: 0.66mg (4.4%),

Magnesium: 17.19mg (4.3%), Vitamin K: 4.45µg (4.23%), Calcium: 29.57mg (2.96%), Copper: 0.06mg (2.93%), Iron: 0.43mg (2.39%), Vitamin B2: 0.04mg (2.17%), Folate: 8.66µg (2.17%), Vitamin B5: 0.21mg (2.09%), Phosphorus: 20.14mg (2.01%), Vitamin B6: 0.04mg (1.97%), Vitamin B1: 0.03mg (1.97%), Zinc: 0.27mg (1.83%), Vitamin B3: 0.36mg (1.81%)