



Raspberry Shrub



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 tablespoon brandy



1 mint leaves



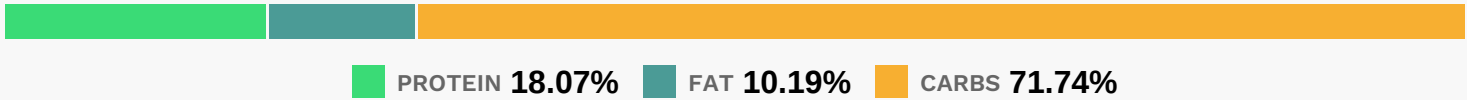
1 serving seltzer water

Equipment

Directions

- ☐
- Stir 3 tablespoons Simple Syrup, 2 tablespoons Raspberry Vinegar, and 1 tablespoon brandy (optional) in a 12-ounce glass. Fill glass halfway with ice. Fill glass with sparkling water or Prosecco.
- ☐
- Garnish with a lemon slice and a mint sprig.
- ☐
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.19869565275376%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 35.35kcal (1.77%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0.02%), Carbohydrates: 0.15g (0.05%), Net Carbohydrates: 0.07g (0.03%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 0.67mg (0.03%), Alcohol: 5.01g (100%), Alcohol %: 37.35% (100%), Protein: 0.04g (0.08%)