



Red Sky at Night



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



1

CALORIES



527 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 ounce calvados
- ☐ 1 serving prepare as
- ☐ 0.5 ounce juice of lemon freshly squeezed
- ☐ 1 serving rosemary
- ☐ 5 sprigs rosemary
- ☐ 0.5 ounce rum black
- ☐ 0.5 ounce simple syrup glaze
- ☐ 0.5 cup sugar

☐ 0.5 cup water

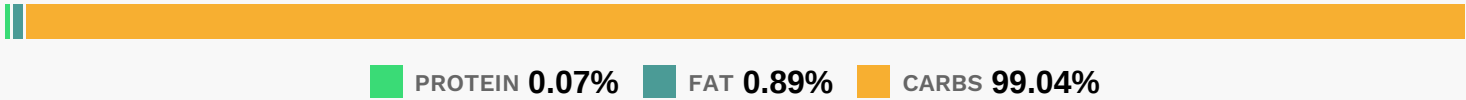
Equipment

☐ sauce pan

Directions

- ☐ To make rosemary simple syrup, combine water and sugar in a saucepan and bring to a boil, stirring until sugar dissolves.
- ☐ Remove from heat and add rosemary sprigs.
- ☐ Let steep for 25 minutes. Discard rosemary and let cool.
- ☐ Fill a cocktail shaker with ice.
- ☐ Add calvados, rum, lemon juice, and rosemary simple syrup. Stir until chilled, about 10 seconds. Strain into a highball glass filled with ice.
- ☐ Fill halfway to top with ginger beer, then to the top with cava.
- ☐ Garnish with a sprig of rosemary.

Nutrition Facts



Properties

Glycemic Index:303.09, Glycemic Load:69.96, Inflammation Score:-2, Nutrition Score:1.2369565451923%

Flavonoids

Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 526.81kcal (26.34%), Fat: 0.45g (0.69%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 111.42g (37.14%), Net Carbohydrates: 111.12g (40.41%), Sugar: 110.62g (122.91%), Cholesterol: 0mg (0%), Sodium: 16.07mg (0.7%), Alcohol: 14.2g (100%), Alcohol %: 6.19% (100%), Protein: 0.08g (0.16%), Vitamin C: 5.85mg (7.09%), Iron: 0.77mg (4.26%), Copper: 0.04mg (2.17%), Vitamin B2: 0.03mg (1.99%), Vitamin B1: 0.03mg (1.83%), Calcium: 14.95mg (1.5%), Manganese: 0.02mg (1.23%), Magnesium: 4.78mg (1.2%), Fiber: 0.3g (1.19%), Folate: 4.68µg (1.17%), Selenium: 0.74µg (1.06%)