



Rosé, Bourbon, and Blue



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



179 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups tea unsweetened black brewed
- ☐ 2 cups blueberries fresh divided
- ☐ 1 cup bourbon
- ☐ 8 slices optional: lemon
- ☐ 0.8 cup juice of lemon fresh
- ☐ 7 tablespoons sugar raw
- ☐ 1.5 cups rose hips fruity

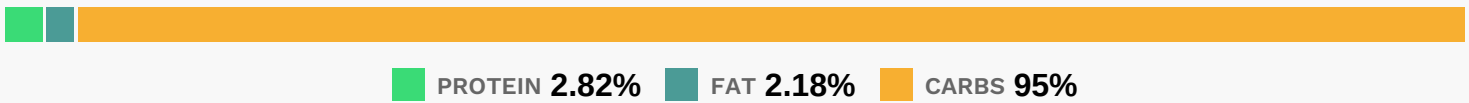
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sieve

Directions

- ☐ Stir sugar with 7 tablespoons hot water in a small bowl until sugar is dissolved; transfer to a food processor.
- ☐ Add 1 1/2 cups blueberries to processor and purée. Set a strainer over a large pitcher. Strain blueberry mixture, pressing on solids to extract as much liquid as possible; discard solids.
- ☐ Add tea, rosé, bourbon, and lemon juice to pitcher. Refrigerate until chilled, about 2 hours.
- ☐ Cut remaining 1/2 cup blueberries in half; add to pitcher. Fill Old Fashioned glasses with ice. Divide cocktail among glasses.
- ☐ Garnish with lemon slices and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:10.06, Glycemic Load:1.91, Inflammation Score:-9, Nutrition Score:10.436521670093%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 2.85mg, Catechin: 2.85mg, Catechin: 2.85mg, Catechin: 2.85mg Epigallocatechin: 4.99mg, Epigallocatechin: 4.99mg, Epigallocatechin: 4.99mg, Epigallocatechin: 4.99mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epicatechin 3-gallate: 3.46mg, Epicatechin 3-gallate: 3.46mg, Epicatechin 3-gallate: 3.46mg, Epicatechin 3-gallate: 3.46mg Epigallocatechin 3-gallate: 5.52mg, Epigallocatechin 3-gallate: 5.52mg, Epigallocatechin 3-gallate: 5.52mg, Epigallocatechin 3-gallate: 5.52mg Theaflavin: 0.93mg, Theaflavin: 0.93mg, Theaflavin: 0.93mg, Theaflavin: 0.93mg Thearubigins: 47.97mg, Thearubigins: 47.97mg, Thearubigins: 47.97mg, Thearubigins: 47.97mg Eriodictyol: 2.61mg, Eriodictyol: 2.61mg, Eriodictyol: 2.61mg, Eriodictyol: 2.61mg Hesperetin: 5.26mg, Hesperetin: 5.26mg, Hesperetin: 5.26mg, Hesperetin: 5.26mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Luteolin:

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Nutrients (% of daily need)

Calories: 178.51kcal (8.93%), Fat: 0.28g (0.43%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 27.35g (9.12%), Net Carbohydrates: 20.46g (7.44%), Sugar: 15.47g (17.18%), Cholesterol: 0mg (0%), Sodium: 4.08mg (0.18%), Alcohol: 10.02g (100%), Alcohol %: 6.68% (100%), Caffeine: 11.8mg (3.93%), Protein: 0.81g (1.62%), Vitamin C: 117.59mg (142.54%), Fiber: 6.89g (27.57%), Manganese: 0.51mg (25.57%), Vitamin A: 1057.55IU (21.15%), Vitamin K: 13.31µg (12.67%), Vitamin E: 1.65mg (10.98%), Magnesium: 22.56mg (5.64%), Potassium: 189.34mg (5.41%), Calcium: 46.92mg (4.69%), Vitamin B2: 0.07mg (4.06%), Copper: 0.07mg (3.37%), Vitamin B5: 0.29mg (2.86%), Folate: 11.23µg (2.81%), Vitamin B6: 0.05mg (2.69%), Iron: 0.48mg (2.66%), Vitamin B3: 0.5mg (2.48%), Phosphorus: 23.81mg (2.38%), Vitamin B1: 0.03mg (1.84%), Zinc: 0.16mg (1.08%)