



## Rose Mary Cocktail

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



245 kcal

BEVERAGE

DRINK

### Ingredients

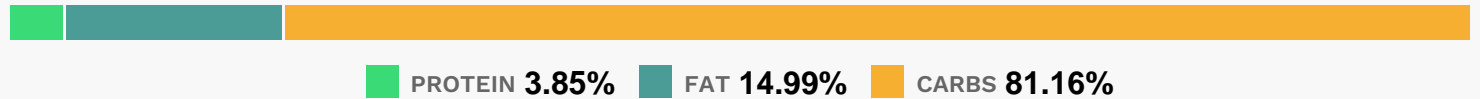
- 1 serving ice cubes
- 1 lime for garnish
- 0.5 ounce juice of lime freshly squeezed
- 0.8 ounce pear liqueur
- 5 inch rosemary peeled for garnish
- 1.5 ounces vodka
- 4 inch seeded/seedless watermelon seedless

### Equipment

## Directions

- Fill a tall glass with ice and set it aside. Muddle the rosemary and watermelon in a cocktail shaker until the watermelon is completely broken up.
- Add the vodka, Licor 43, and lime juice, plus enough ice to fill the shaker halfway. Close and shake until frosty, about 20 seconds. Strain into the chilled glass and garnish with the lime wheel and rosemary branch.

## Nutrition Facts



## Properties

Glycemic Index:191.67, Glycemic Load:4.1, Inflammation Score:-9, Nutrition Score:8.7960869164571%

## Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 30.08mg, Hesperetin: 30.08mg, Hesperetin: 30.08mg, Hesperetin: 30.08mg Naringenin: 2.33mg, Naringenin: 2.33mg, Naringenin: 2.33mg, Naringenin: 2.33mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 245.17kcal (12.26%), Fat: 2.09g (3.22%), Saturated Fat: 0.95g (5.96%), Carbohydrates: 25.49g (8.5%), Net Carbohydrates: 18.1g (6.58%), Sugar: 10.28g (11.42%), Cholesterol: 0mg (0%), Sodium: 11.3mg (0.49%), Alcohol: 22.78g (100%), Alcohol %: 12.9% (100%), Protein: 1.21g (2.42%), Vitamin C: 32.34mg (39.21%), Fiber: 7.38g (29.53%), Iron: 4.16mg (23.1%), Calcium: 189.05mg (18.9%), Vitamin B6: 0.26mg (12.99%), Manganese: 0.25mg (12.44%), Folate: 46.07µg (11.52%), Vitamin A: 495.65IU (9.91%), Magnesium: 34.67mg (8.67%), Copper: 0.13mg (6.74%), Vitamin B1: 0.09mg (6.29%), Potassium: 218.01mg (6.23%), Vitamin B2: 0.08mg (4.41%), Zinc: 0.51mg (3.41%), Phosphorus: 26.18mg (2.62%), Vitamin B5: 0.19mg (1.85%), Vitamin B3: 0.3mg (1.5%), Selenium: 0.91µg (1.3%), Vitamin E: 0.18mg (1.22%)