

Rosemary Lemon Rhubarb Spritzer



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



7

CALORIES



183 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 pound rhubarb cleaned
- ☐ 2 cups water
- ☐ 1.5 cups sugar
- ☐ 3 Tbsp rosemary leaves fresh chopped
- ☐ 0.5 cup juice of lemon
- ☐ 7 servings carbonated water

Equipment

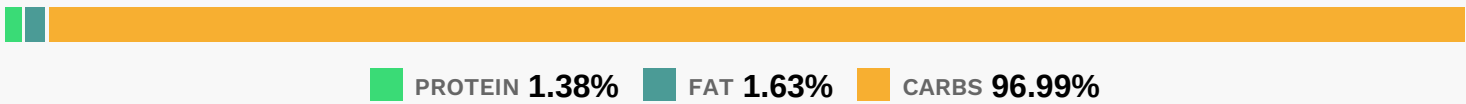
- ☐ sauce pan

☐ sieve

Directions

- ☐ Simmer rhubarb, water, sugar, rosemary: Put rhubarb pieces, water, sugar, and rosemary leaves into a medium saucepan. Bring to a boil. Reduce heat to a simmer and cook for about 15 minutes. Rhubarb pieces will disintegrate.
- ☐ Remove from heat. Strain out the solids with a fine mesh strainer.
- ☐ Add lemon juice. If too sweet for taste, add a little more lemon juice. Chill until ready to serve.
- ☐ Add soda water to serve: To serve, fill a quarter to a half of the glass with the lemon, rhubarb, rosemary syrup, and the rest with soda water.

Nutrition Facts



Properties

Glycemic Index:11.87, Glycemic Load:30.15, Inflammation Score:-2, Nutrition Score:3.3543478017268%

Flavonoids

Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg, Epicatechin 3-gallate: 0.39mg Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg Hesperetin: 2.52mg, Hesperetin: 2.52mg, Hesperetin: 2.52mg, Hesperetin: 2.52mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 183.4kcal (9.17%), Fat: 0.35g (0.54%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 46.98g (15.66%), Net Carbohydrates: 45.66g (16.6%), Sugar: 43.92g (48.8%), Cholesterol: 0mg (0%), Sodium: 6.97mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Vitamin K: 18.99µg (18.08%), Vitamin C: 12.09mg (14.65%), Manganese: 0.14mg (6.89%), Calcium: 61.59mg (6.16%), Potassium: 210.32mg (6.01%), Fiber: 1.32g (5.29%), Magnesium: 10.17mg (2.54%), Folate: 8.82µg (2.2%), Vitamin B2: 0.03mg (1.84%), Vitamin A: 88.44IU (1.77%), Copper: 0.03mg (1.62%), Selenium: 0.99µg (1.41%), Vitamin E: 0.2mg (1.34%), Vitamin B6: 0.03mg (1.3%), Iron: 0.23mg (1.26%), Vitamin B1: 0.02mg (1.16%), Phosphorus: 10.95mg (1.09%), Vitamin B3: 0.22mg (1.08%)