



Rouge Tomate's Amber Palmer

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



120 min.

SERVINGS



1

CALORIES



279 kcal

SIDE DISH

Ingredients

- 1 ounce agave nectar light
- 2 ounces grapefruit juice
- 1 mint leaves
- 4 mint leaves
- 12 ounces grapefruit juice red
- 10 rosemary
- 2 teaspoons tea black
- 2 teaspoons freshly tea green

- 4 ounces freshly tea brewed
- 3 cups water

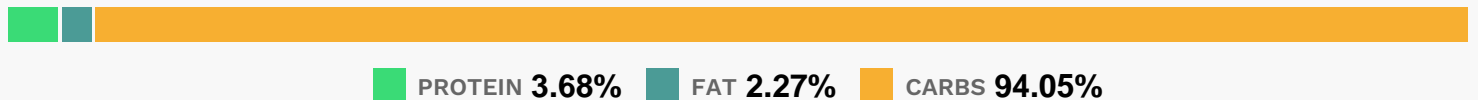
Equipment

- sauce pan
- sieve
- blender

Directions

- Combine rosemary and grapefruit juice in a blender. Blend on high speed for 30 seconds until rosemary is pulverized. Strain through a fine mesh strainer into a sealable container and refrigerate until ready to use.
- For the Tea Blend: In a small saucepan, heat water to a bare simmer (water should register 180°F).
- Remove from heat, add both teas, and steep for 2 to 3 minutes. Strain through fine mesh strainer. Allow mixture to cool thoroughly.
- For the Cocktail: For each cocktail, fill a cocktail shaker with ice.
- Add 4 ounces tea blend, 2 ounces rosemary grapefruit juice, 1 ounce light agave syrup, and 4 leaves mint to shaker. Shake vigorously until well chilled, about 15 seconds.
- Add seltzer to shaker and stir lightly.
- Pour (do not strain) into serving glass and garnish with mint sprig and grapefruit wedge.

Nutrition Facts



Properties

Glycemic Index:181, Glycemic Load:24.35, Inflammation Score:-8, Nutrition Score:10.493043469346%

Flavonoids

Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg Epigallocatechin: 10.72mg, Epigallocatechin: 10.72mg, Epigallocatechin: 10.72mg, Epigallocatechin: 10.72mg Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg Epicatechin 3-gallate: 7.8mg, Epicatechin 3-gallate: 7.8mg,

Epicatechin 3-gallate: 7.8mg, Epicatechin 3-gallate: 7.8mg Epigallocatechin 3-gallate: 12.46mg, Epigallocatechin 3-gallate: 12.46mg, Epigallocatechin 3-gallate: 12.46mg, Epigallocatechin 3-gallate: 12.46mg Theaflavin: 2.1mg, Theaflavin: 2.1mg, Theaflavin: 2.1mg Thearubigins: 108.22mg, Thearubigins: 108.22mg, Thearubigins: 108.22mg, Thearubigins: 108.22mg Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg Theaflavin-3,3'-digallate: 2.33mg, Theaflavin-3,3'-digallate: 2.33mg, Theaflavin-3,3'-digallate: 2.33mg, Theaflavin-3,3'-digallate: 2.33mg Theaflavin-3'-gallate: 2.01mg, Theaflavin-3'-gallate: 2.01mg, Theaflavin-3'-gallate: 2.01mg, Theaflavin-3'-gallate: 2.01mg Gallocatechin: 1.66mg, Gallocatechin: 1.66mg, Gallocatechin: 1.66mg, Gallocatechin: 1.66mg

Nutrients (% of daily need)

Calories: 278.6kcal (13.93%), Fat: 0.72g (1.11%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 67.5g (22.5%), Net Carbohydrates: 66.22g (24.08%), Sugar: 62.94g (69.93%), Cholesterol: 0mg (0%), Sodium: 50.6mg (2.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 26.62mg (8.87%), Protein: 2.64g (5.29%), Vitamin C: 113.79mg (137.92%), Potassium: 731.35mg (20.9%), Manganese: 0.37mg (18.52%), Magnesium: 57.26mg (14.32%), Iron: 2.19mg (12.15%), Folate: 31.87µg (7.97%), Calcium: 78.28mg (7.83%), Copper: 0.15mg (7.57%), Vitamin B3: 1.48mg (7.41%), Vitamin K: 6.38µg (6.07%), Vitamin A: 271.46IU (5.43%), Fiber: 1.28g (5.12%), Phosphorus: 49.62mg (4.96%), Vitamin B2: 0.08mg (4.88%), Vitamin B6: 0.09mg (4.51%), Vitamin B5: 0.43mg (4.28%), Zinc: 0.59mg (3.9%), Vitamin B1: 0.04mg (2.92%), Vitamin E: 0.28mg (1.85%)