



Rouge Tomate's Red Tornado



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



1

CALORIES



228 kcal

SIDE DISH

Ingredients

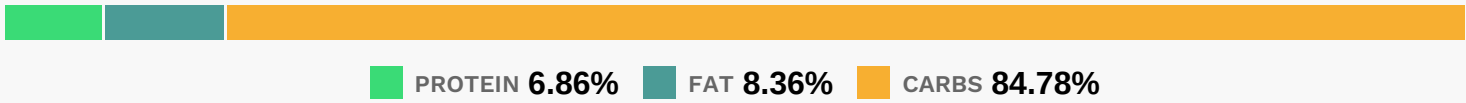
- ☐ 0.3 ounce agave nectar light (see note)
- ☐ 2 ounces beets washed and peeled)
- ☐ 3 ounces clementine juice peeled
- ☐ 0.5 ounce juice of lime fresh
- ☐ 2 ounces pomegranate seeds washed juiced (, from 2 medium pomegranates)
- ☐ 4 ounces pomegranate seeds juiced

Equipment

Directions

- ☐ For the optional pomegranate foam: If you'd like to top your drink with pomegranate foam, bring pomegranate juice to boil over moderately high heat. Boil until reduced by half. Put reduction in a soda siphon and charge with carbon dioxide.
- ☐ Combine pomegranate juice, beet juice, clementine juice, lime juice, and light agave syrup (if using) in a cocktail shaker filled with ice. Shake until well chilled, about 15 seconds. Strain into an ice-filled glass.
- ☐ Top with an ounce of pomegranate foam from the soda siphon if desired.

Nutrition Facts



Properties

Glycemic Index:213, Glycemic Load:20.02, Inflammation Score:-6, Nutrition Score:13.658260925956%

Flavonoids

Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg, Catechin: 0.68mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 15.82mg, Hesperetin: 15.82mg, Hesperetin: 15.82mg, Hesperetin: 15.82mg Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg Gallocatechin: 0.29mg, Gallocatechin: 0.29mg, Gallocatechin: 0.29mg, Gallocatechin: 0.29mg

Nutrients (% of daily need)

Calories: 227.65kcal (11.38%), Fat: 2.3g (3.54%), Saturated Fat: 0.24g (1.51%), Carbohydrates: 52.43g (17.48%), Net Carbohydrates: 43.79g (15.93%), Sugar: 40.61g (45.13%), Cholesterol: 0mg (0%), Sodium: 50.75mg (2.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.24g (8.49%), Vitamin C: 50.59mg (61.32%), Fiber: 8.63g (34.53%), Folate: 134.24µg (33.56%), Vitamin K: 29.69µg (28.28%), Potassium: 753.96mg (21.54%), Manganese: 0.42mg (21.17%), Copper: 0.34mg (16.85%), Vitamin B1: 0.19mg (12.81%), Vitamin B6: 0.22mg (11.16%), Magnesium: 41.46mg (10.37%), Phosphorus: 97.88mg (9.79%), Vitamin B5: 0.85mg (8.53%), Vitamin B2: 0.14mg (8.45%), Vitamin E: 1.25mg (8.36%), Iron: 1.15mg (6.41%), Zinc: 0.83mg (5.54%), Vitamin A: 240.97IU (4.82%), Calcium: 43.45mg (4.34%), Vitamin B3: 0.84mg (4.21%), Selenium: 1.47µg (2.1%)