



Royal Garland Fizz



Vegetarian



Gluten Free

READY IN



2880 min.

SERVINGS



1

CALORIES



3603 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 ounce clear honey
- ☐ 0.5 cup cranberries fresh
- ☐ 0.5 ounce cup heavy whipping cream
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 1 egg yolk
- ☐ 1 ounce hendrick's gin
- ☐ 1.5 cups hendrick's gin
- ☐ 0.8 ounce lime freshly squeezed

- ☐ 1 serving kosher salt
- ☐ 1 cup popped popcorn
- ☐ 1 serving rosemary chopped
- ☐ 1 serving sparkling wine
- ☐ 1.5 cups sugar

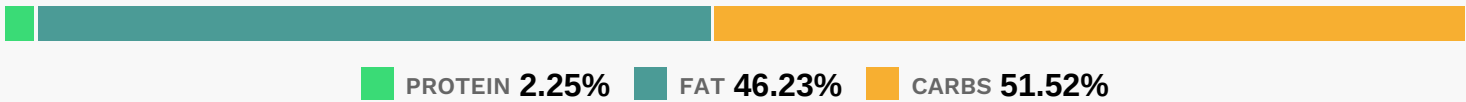
Equipment

- ☐ bowl
- ☐ canning jar

Directions

- ☐ For the Cranberry Infused Gin: At least 2 days in advance, place cranberries in a large mason jar. Muddle until slightly smashed.
- ☐ Add gin, seal, and let sit at room temperature for 2 days. Strain and reseal. Infused gin can be kept in the refrigerator up to 1 month.
- ☐ For the Popcorn Cream Syrup: Warm cream gently over a low heat with sugar, stirring until sugar dissolves. Salt popcorn liberally.
- ☐ Place in a bowl.
- ☐ Pour warm cream/sugar syrup over the popcorn, stir well, and leave to sit until cool. Cover and refrigerate 4 hours. Strain and keep refrigerated in a resealable bottle. Syrup can be kept in the refrigerator up to 1 week.
- ☐ Add cranberry infused gin, Douglas Fir eau de vie, popcorn cream syrup, lime juice, and egg yolk to a cocktail shaker. Shake without ice to emulsify cream and egg, about 20 seconds.
- ☐ Add ice to shaker and shake until well chilled, 15 seconds. Strain into a highball glass. Top with sparkling wine. To garnish, sprinkle chopped rosemary on top.

Nutrition Facts



Properties

Glycemic Index:365.7, Glycemic Load:228.67, Inflammation Score:-10, Nutrition Score:23.953043792559%

Flavonoids

Cyanidin: 23.22mg, Cyanidin: 23.22mg, Cyanidin: 23.22mg, Cyanidin: 23.22mg Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg, Delphinidin: 3.84mg Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 24.58mg, Peonidin: 24.58mg, Peonidin: 24.58mg, Peonidin: 24.58mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Hesperetin: 9.14mg, Hesperetin: 9.14mg, Hesperetin: 9.14mg, Hesperetin: 9.14mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 3.32mg, Myricetin: 3.32mg, Myricetin: 3.32mg, Myricetin: 3.32mg Quercetin: 7.51mg, Quercetin: 7.51mg, Quercetin: 7.51mg, Quercetin: 7.51mg

Nutrients (% of daily need)

Calories: 3603.02kcal (180.15%), Fat: 140.35g (215.92%), Saturated Fat: 87.17g (544.8%), Carbohydrates: 351.94g (117.31%), Net Carbohydrates: 347.86g (126.49%), Sugar: 337.91g (375.45%), Cholesterol: 613.83mg (204.61%), Sodium: 323.38mg (14.06%), Alcohol: 139.18g (100%), Alcohol %: 13.2% (100%), Protein: 15.4g (30.8%), Vitamin A: 5781.15IU (115.62%), Vitamin B2: 0.91mg (53.81%), Vitamin D: 6.91µg (46.07%), Phosphorus: 373.13mg (37.31%), Selenium: 23.68µg (33.83%), Vitamin E: 4.62mg (30.79%), Calcium: 299.4mg (29.94%), Manganese: 0.42mg (21.23%), Vitamin C: 15.62mg (18.93%), Potassium: 629.86mg (18%), Vitamin B5: 1.75mg (17.54%), Fiber: 4.09g (16.36%), Vitamin B12: 0.94µg (15.75%), Magnesium: 62.59mg (15.65%), Vitamin B6: 0.29mg (14.49%), Vitamin K: 14.76µg (14.06%), Iron: 2.5mg (13.91%), Zinc: 2.08mg (13.88%), Copper: 0.26mg (12.75%), Folate: 49.09µg (12.27%), Vitamin B1: 0.15mg (10.24%), Vitamin B3: 0.82mg (4.11%)