



Salted Meyer Lemon and Sage Pressé



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



130 kcal

SIDE DISH

Ingredients

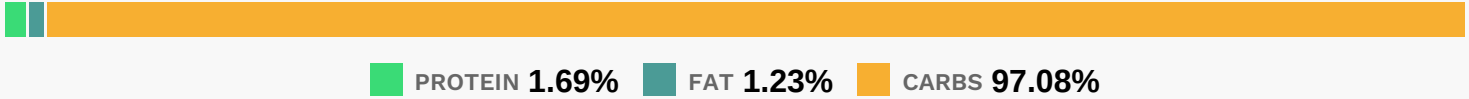
- ☐ 12 ounce seltzer water canned
- ☐ 0.3 cup sage fresh
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 optional: lemon quartered
- ☐ 0.5 cup simple syrup glaze

Equipment

Directions

 Muddle 2 quartered Meyer or regular lemons, 1/4 cup fresh sage leaves, 1/2 cup Simple Syrup, and 1/2 teaspoon kosher salt in a pitcher. Just before serving, add one 12-ounce can club soda and stir to combine. Divide among 4 rocks glasses filled with ice.

Nutrition Facts



Properties

Glycemic Index:6.38, Glycemic Load:0.9, Inflammation Score:-2, Nutrition Score:7.9173912542022%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 130.16kcal (6.51%), Fat: 0.2g (0.31%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 35.98g (11.99%), Net Carbohydrates: 34.41g (12.51%), Sugar: 32.19g (35.76%), Cholesterol: 0mg (0%), Sodium: 334.1mg (14.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Copper: 2.49mg (124.69%), Vitamin C: 28.62mg (34.69%), Iron: 1.94mg (10.79%), Fiber: 1.57g (6.28%), Vitamin B1: 0.08mg (5.25%), Manganese: 0.1mg (4.93%), Potassium: 106.28mg (3.04%), Calcium: 29.27mg (2.93%), Magnesium: 10.77mg (2.69%), Vitamin B2: 0.04mg (2.18%), Vitamin B6: 0.04mg (2.16%), Folate: 5.94µg (1.49%), Zinc: 0.21mg (1.42%), Phosphorus: 12.31mg (1.23%), Vitamin B5: 0.1mg (1.03%)