

Samanthahain



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



1

CALORIES



2364 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 ounce ginger
- ☐ 0.5 cup ginger juice
- ☐ 0.8 ounce juice of lemon
- ☐ 0.5 stalk rosemary with leaves, for garnish (leaves removed)
- ☐ 1.5 ounces sparkling wine
- ☐ 3 cups sugar
- ☐ 1.5 cups water

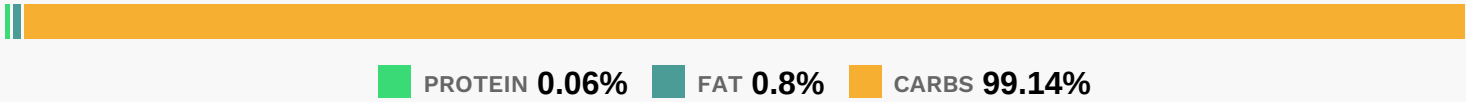
Equipment

☐ sauce pan

Directions

- ☐ Make Ginger Syrup: In a saucepan, combine water, ginger juice, and sugar. Bring to a boil over medium high heat. Reduce heat and simmer 30 minutes.
- ☐ Let cool.
- ☐ Make Cocktail: Fill a cocktail shaker with ice.
- ☐ Add applejack, lemon juice, ginger syrup, Benedictine, and rosemary stalk. Shake 30 seconds.
- ☐ Strain into a champagne flute. Top with sparkling wine.
- ☐ Garnish with sprig of rosemary.

Nutrition Facts



Properties

Glycemic Index:155.09, Glycemic Load:419.27, Inflammation Score:1, Nutrition Score:2.696086956512%

Flavonoids

Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg, Eriodictyol: 1.04mg Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg, Hesperetin: 3.08mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 2363.89kcal (118.19%), Fat: 2.15g (3.31%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 602.4g (200.8%), Net Carbohydrates: 601.84g (218.85%), Sugar: 600.07g (666.74%), Cholesterol: 0mg (0%), Sodium: 36.92mg (1.61%), Alcohol: 2.72g (100%), Alcohol %: 0.3% (100%), Protein: 0.39g (0.77%), Vitamin C: 9.24mg (11.2%), Vitamin B2: 0.13mg (7.55%), Copper: 0.14mg (7.08%), Selenium: 3.83µg (5.47%), Magnesium: 16.27mg (4.07%), Iron: 0.72mg (3.99%), Potassium: 134.92mg (3.85%), Manganese: 0.07mg (3.42%), Calcium: 30.42mg (3.04%), Vitamin B6: 0.05mg (2.48%), Fiber: 0.56g (2.24%), Folate: 7.77µg (1.94%), Zinc: 0.2mg (1.36%), Phosphorus: 13.25mg (1.32%)