



Shanghai Rose



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



538 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup rosemary dried
- ☐ 2 sprigs rosemary leaves fresh for garnish
- ☐ 2 servings ice cubes
- ☐ 1 juice of lime
- ☐ 2 ounces rose hips
- ☐ 8 ounces rose hips
- ☐ 0.3 cup rosemary
- ☐ 2 ounces simple syrup glaze

- ☐ 18 ounces seltzer water
- ☐ 0.5 cup caster sugar
- ☐ 8 ounces water
- ☐ 2 ounces yuzu juice drink

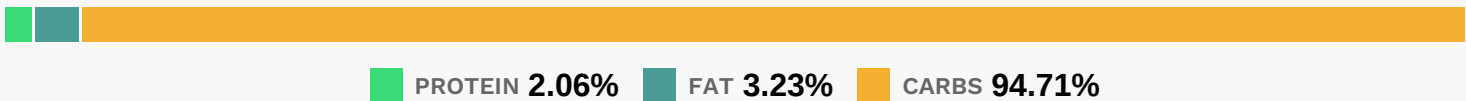
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ In a food processor, process the rosemary and sugar until fully combined, about 1 minute—there will be visible pieces of rosemary. DO AHEAD: Rosemary crystals can be prepared in advance and stored, in an airtight container at room temperature, up to 2 weeks.
- ☐ In a small saucepan, bring the rose syrup and distilled or tap water to a boil over high heat. Reduce the heat to moderate and simmer, uncovered, until reduced by half, 12 to 15 minutes. DO AHEAD: Rose elixir can be prepared in advance and refrigerated up to 2 weeks.
- ☐ Pour the lime juice onto a small plate and spread the rosemary crystals on a second small plate. Dip the rim of a 12-ounce glass into the lime juice, then dip it into the rosemary crystals to lightly coat. Repeat with a second 12-ounce glass.
- ☐ Pour 1 ounce each of rose elixir, yuzu juice, and simple syrup into each prepared glass.
- ☐ Add ice and enough soda water to fill each glass.
- ☐ Garnish drinks with rosemary sprigs.

Nutrition Facts



Properties

Glycemic Index:105.05, Glycemic Load:36.26, Inflammation Score:-10, Nutrition Score:30.170869531839%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg

Naringenin: 0.08mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 538.02kcal (26.9%), Fat: 2.03g (3.12%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 133.74g (44.58%), Net Carbohydrates: 95.56g (34.75%), Sugar: 74.56g (82.85%), Cholesterol: 0mg (0%), Sodium: 89.77mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.83%), Vitamin C: 625.21mg (757.84%), Fiber: 38.18g (152.73%), Vitamin A: 6451.16IU (129.02%), Manganese: 1.62mg (81.1%), Vitamin E: 8.31mg (55.41%), Calcium: 384.86mg (38.49%), Vitamin K: 36.8µg (35.05%), Magnesium: 129.1mg (32.27%), Iron: 5.25mg (29.19%), Potassium: 795.76mg (22.74%), Vitamin B2: 0.3mg (17.81%), Vitamin B6: 0.27mg (13.52%), Copper: 0.27mg (13.28%), Vitamin B5: 1.15mg (11.53%), Phosphorus: 100.32mg (10.03%), Vitamin B3: 1.98mg (9.92%), Folate: 33.49µg (8.37%), Vitamin B1: 0.11mg (7.31%), Zinc: 0.99mg (6.59%), Selenium: 0.93µg (1.32%)