

# Pomegranate-Rosemary Royale

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## Servings: 4

1/4 cup water  
1 tablespoon sugar  
2 teaspoons fresh rosemary leaves  
1/2 cup pomegranate juice  
2 cups champagne or sparkling wine

In a small saucepan, combine the water and sugar. Bring to a simmer, stirring until the sugar dissolves. Remove from the heat. Add the rosemary. Let stand for 30 minutes.

Strain through a sieve into a bowl. Discard the solids.

Pour two tablespoons of pomegranate juice and one tablespoon of the rosemary syrup into four champagne glasses. Top each serving with one-half cup of champagne.

Serve immediately.

*This simple twist on the traditional kir royale blends tart-sweet pomegranate juice with subtle herbal notes from a rosemary-infused syrup. Float rosemary leaves on the drinks for a pretty garnish.*

Per Serving (excluding unknown items): 30 Calories; trace Fat (1.3% calories from fat); trace Protein; 8g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.

Beverages

## Per Serving Nutritional Analysis

Calories (kcal):	30
% Calories from Fat:	1.3%
% Calories from Carbohydrates:	96.7%
% Calories from Protein:	2.0%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	8g
Dietary Fiber (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	trace
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

## Food Exchanges

Grain (Starch):	0
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**Protein (g):** trace  
**Sodium (mg):** 4mg  
**Potassium (mg):** 65mg  
**Calcium (mg):** 5mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** trace  
**Vitamin A (i.u.):** 8IU  
**Vitamin A (r.e.):** 1RE

**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 1/2  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 30 Calories from Fat: 0

#### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	4mg	0%
<b>Total Carbohydrates</b>	8g	3%
Dietary Fiber	trace	0%
<b>Protein</b>	trace	

<b>Vitamin A</b>		0%
<b>Vitamin C</b>		0%
<b>Calcium</b>		1%
<b>Iron</b>		1%

\* Percent Daily Values are based on a 2000 calorie diet.