



## Black Velvet

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup champagne chilled
- 0.3 cup porter chilled

## Equipment

## Directions

- Pour the Champagne into a flute or other tall glass.

Pour the Guinness on top. (Guinness is heavier. If you mix it the other way around, it won't combine evenly and will need to be stirred.)

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## Nutrition Facts

**PROTEIN 8.36%** **FAT 0%** **CARBS 91.64%**

### Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:0.68434781613557%

### Nutrients (% of daily need)

Calories: 78.06kcal (3.9%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 2.98g (0.99%), Net Carbohydrates: 2.98g (1.09%), Sugar: 1.36g (1.51%), Cholesterol: 0mg (0%), Sodium: 8.26mg (0.36%), Alcohol: 7.55g (100%), Alcohol %: 5.45% (100%), Protein: 0.27g (0.54%), Potassium: 103.84mg (2.97%), Magnesium: 11.8mg (2.95%), Iron: 0.47mg (2.62%), Phosphorus: 17.7mg (1.77%), Vitamin B6: 0.02mg (1.18%), Calcium: 10.62mg (1.06%)