



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

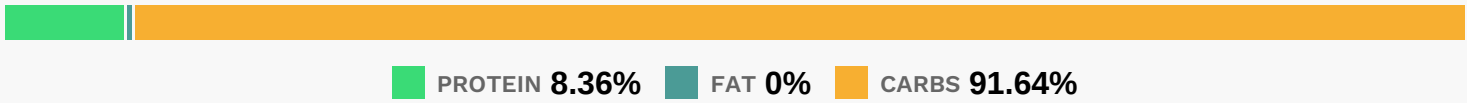
Equipment

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.)
- ☐
- From Real Irish Food by David Bowers, © 2012 Skyhorse Publishing

Nutrition Facts



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%)