



## Blackberry Royale

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

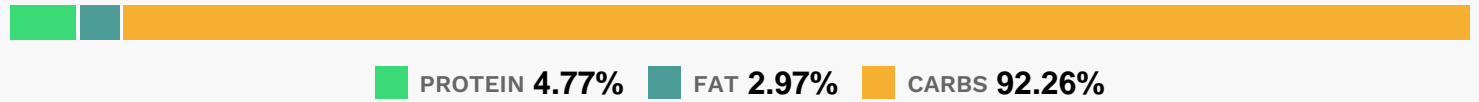
- 1 cup blackberries fresh
- 2.5 ounces creme de cassis
- 12 ounces prepare as chilled
- 4 cups ice cubes
- 1 optional: lemon
- 750 ml sparkling wine dry chilled

### Equipment

# Directions

- In a large pitcher, combine blackberries, crème de cassis, and 1 tablespoon from half the lemon. Stir to combine, lightly pressing on berries to release juices.
- Add ice to pitcher. Fill with ginger beer and sparkling wine and stir gently to combine. Slice remaining half of lemon in thin slices and add to pitcher as garnish.

# Nutrition Facts



# Properties

Glycemic Index:28.38, Glycemic Load:5.53, Inflammation Score:-7, Nutrition Score:5.1060869641926%

# Flavonoids

Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

# Nutrients (% of daily need)

Calories: 152.91kcal (7.65%), Fat: 0.26g (0.4%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 17.97g (5.99%), Net Carbohydrates: 15.31g (5.57%), Sugar: 14.51g (16.12%), Cholesterol: 0mg (0%), Sodium: 33.9mg (1.47%), Alcohol: 11.97g (100%), Alcohol %: 2.57% (100%), Protein: 0.93g (1.86%), Vitamin C: 21.87mg (26.51%), Manganese: 0.25mg (12.7%), Fiber: 2.66g (10.66%), Magnesium: 31.46mg (7.86%), Potassium: 261.2mg (7.46%), Copper: 0.14mg (7.23%), Iron: 1.3mg (7.2%), Vitamin K: 7.13µg (6.79%), Calcium: 44.83mg (4.48%), Phosphorus: 40.3mg (4.03%), Vitamin B6: 0.07mg (3.49%), Folate: 13.84µg (3.46%), Vitamin E: 0.46mg (3.08%), Zinc: 0.44mg (2.9%), Vitamin B3: 0.45mg (2.23%), Vitamin B2: 0.03mg (1.97%), Vitamin A: 82.98IU (1.66%), Vitamin B5: 0.15mg (1.51%), Vitamin B1: 0.02mg (1.2%), Selenium: 0.71µg (1.02%)