



Blood Orange Champagne Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



71 kcal

BEVERAGE

DRINK

Ingredients

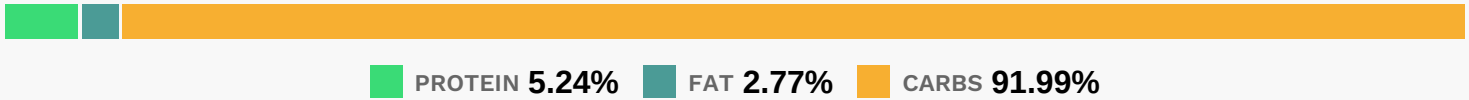
- ☐ 8 slices blood oranges
- ☐ 1.5 cups strained blood orange juice fresh (from 6 oranges)
- ☐ 0.3 cup crème de cassis (black-currant liqueur)
- ☐ 750 ml sparkling wine dry chilled

Equipment

Directions

- ☐
- Spoon 1 1/2 teaspoons crème de cassis into each of 8 Champagne flutes or other glasses.
- ☐
- Add 3 tablespoons juice to each glass. Fill each glass with Champagne, then stir gently.
- ☐
- Garnish cocktails with slices of blood orange, if desired.

Nutrition Facts



Properties

Glycemic Index:11.81, Glycemic Load:2.51, Inflammation Score:-4, Nutrition Score:2.679565201311%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.83mg, Hesperetin: 5.83mg, Hesperetin: 5.83mg, Hesperetin: 5.83mg Naringenin: 1.15mg, Naringenin: 1.15mg, Naringenin: 1.15mg, Naringenin: 1.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 70.99kcal (3.55%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 7.03g (2.34%), Net Carbohydrates: 6.91g (2.51%), Sugar: 6.06g (6.73%), Cholesterol: 0mg (0%), Sodium: 7.9mg (0.34%), Alcohol: 5.99g (100%), Alcohol %: 5.11% (100%), Protein: 0.4g (0.8%), Vitamin C: 23.78mg (28.83%), Potassium: 177.18mg (5.06%), Folate: 15.19µg (3.8%), Magnesium: 14.64mg (3.66%), Vitamin B1: 0.04mg (2.85%), Iron: 0.47mg (2.62%), Phosphorus: 22.07mg (2.21%), Vitamin A: 95.25IU (1.9%), Vitamin B6: 0.04mg (1.9%), Copper: 0.03mg (1.59%), Calcium: 14.3mg (1.43%), Vitamin B3: 0.28mg (1.41%), Vitamin B2: 0.02mg (1.39%)