

Blue Whale



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon crème de cassis
- 2 tablespoons curacao blue
- 1 serving ice cubes
- 1 serving garnish: lemon twist
- 1 serving sparkling wine

Equipment

Directions

- Combine Curaao and crme de cassis in an ice-filled cocktail shaker. Shake vigorously. Strain into a martini glass, and top with Champagne or sparkling wine.
- Garnish, if desired.

Nutrition Facts

 PROTEIN **1.52%**  FAT **0.4%**  CARBS **98.08%**

Properties

Glycemic Index:25.5, Glycemic Load:0.12, Inflammation Score:-5, Nutrition Score:1.2365217321431%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 157.2kcal (7.86%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 11.65g (3.88%), Net Carbohydrates: 11.46g (4.17%), Sugar: 9.06g (10.06%), Cholesterol: 0mg (0%), Sodium: 15.07mg (0.66%), Alcohol: 18.34g (100%), Alcohol %: 9.1% (100%), Protein: 0.18g (0.36%), Vitamin C: 3.71mg (4.5%), Magnesium: 16.07mg (4.02%), Potassium: 140.05mg (4%), Iron: 0.64mg (3.56%), Phosphorus: 23.32mg (2.33%), Vitamin B6: 0.04mg (1.76%), Calcium: 17.56mg (1.76%), Copper: 0.03mg (1.45%)