

Blushing Mimosas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons grenadine syrup
- ☐ 2 cups orange juice (not from concentrate)
- ☐ 1 cup pineapple juice chilled
- ☐ 750 milliliter sparkling wine chilled

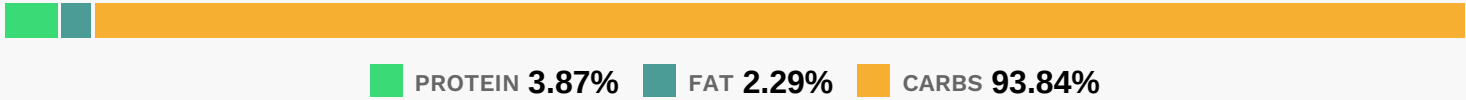
Equipment

Directions

- ☐
- Stir together first 3 ingredients.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:39.6, Glycemic Load:13.37, Inflammation Score:-7, Nutrition Score:6.7499998503405%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 11.85mg, Hesperetin: 11.85mg, Hesperetin: 11.85mg, Hesperetin: 11.85mg Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg, Naringenin: 2.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 164.41kcal (8.22%), Fat: 0.25g (0.39%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 23.49g (7.83%), Net Carbohydrates: 23.2g (8.44%), Sugar: 18.49g (20.54%), Cholesterol: 0mg (0%), Sodium: 14.57mg (0.63%), Alcohol: 9.58g (100%), Alcohol %: 3.99% (100%), Protein: 0.97g (1.94%), Vitamin C: 54.32mg (65.84%), Manganese: 0.25mg (12.59%), Potassium: 393.67mg (11.25%), Folate: 39.75µg (9.94%), Magnesium: 31.86mg (7.96%), Vitamin B1: 0.12mg (7.78%), Vitamin B6: 0.12mg (5.84%), Iron: 0.95mg (5.26%), Copper: 0.09mg (4.74%), Phosphorus: 43.4mg (4.34%), Vitamin A: 200.76IU (4.02%), Vitamin B2: 0.06mg (3.26%), Vitamin B3: 0.64mg (3.2%), Calcium: 30.99mg (3.1%), Vitamin B5: 0.21mg (2.15%), Zinc: 0.23mg (1.54%), Fiber: 0.29g (1.17%)