



## Bole

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



322 kcal

BEVERAGE

DRINK

## Ingredients

- 3 tablespoons brandy
- 2 quarts champagne dry chilled
- 750 milliliter cooking wine dry white
- 20 ounce pineapple chunks drained canned
- 0.3 cup sugar

## Equipment

## Directions

- Stir together first 4 ingredients in a large pitcher; cover and chill 8 hours.
- Add champagne just before serving.

## Nutrition Facts

**PROTEIN 2.34%** **FAT 0.93%** **CARBS 96.73%**

## Properties

Glycemic Index:14.3, Glycemic Load:7.07, Inflammation Score:-8, Nutrition Score:4.3678260620521%

## Flavonoids

Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 321.73kcal (16.09%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 28.08g (9.36%), Net Carbohydrates: 27.03g (9.83%), Sugar: 25.21g (28.01%), Cholesterol: 0mg (0%), Sodium: 25.33mg (1.1%), Alcohol: 30.65g (100%), Alcohol %: 8.16% (100%), Protein: 0.68g (1.36%), Magnesium: 50.06mg (12.51%), Potassium: 415.87mg (11.88%), Vitamin C: 7.61mg (9.23%), Iron: 1.61mg (8.94%), Vitamin B6: 0.17mg (8.46%), Phosphorus: 66.05mg (6.6%), Manganese: 0.13mg (6.44%), Copper: 0.12mg (6.14%), Vitamin B1: 0.09mg (5.9%), Calcium: 47.17mg (4.72%), Fiber: 1.05g (4.21%), Vitamin B2: 0.06mg (3.67%), Vitamin B3: 0.62mg (3.09%), Zinc: 0.43mg (2.88%), Folate: 7.84µg (1.96%), Selenium: 1.03µg (1.47%)