



Campari and Orange Sparkling Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



6 min.

SERVINGS



4

CALORIES



110 kcal

BEVERAGE

DRINK

Ingredients

- 6 tablespoons campari chilled
- 6 tablespoons orange juice fresh chilled
- 1.3 cups sparkling wine chilled

Equipment

Directions

- Combine first 3 ingredients.

Garnish with rind, if desired.

Nutrition Facts

PROTEIN 2.34% **FAT 1.15%** **CARBS 96.51%**

Properties

Glycemic Index:13, Glycemic Load:1.35, Inflammation Score:-4, Nutrition Score:1.5939130321469%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 3.05mg, Hesperetin: 3.05mg, Hesperetin: 3.05mg, Hesperetin: 3.05mg Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg, Naringenin: 0.55mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 110.1kcal (5.5%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 9.65g (3.22%), Net Carbohydrates: 9.6g (3.49%), Sugar: 3.05g (3.39%), Cholesterol: 0mg (0%), Sodium: 5.76mg (0.25%), Alcohol: 10.14g (100%), Alcohol %: 10.15% (100%), Protein: 0.23g (0.47%), Vitamin C: 12.75mg (15.45%), Potassium: 120.23mg (3.44%), Magnesium: 10.67mg (2.67%), Folate: 8.44µg (2.11%), Iron: 0.37mg (2.03%), Phosphorus: 16.14mg (1.61%), Vitamin B1: 0.02mg (1.53%), Vitamin B6: 0.03mg (1.3%), Vitamin A: 51IU (1.02%)