



Champagne Julep

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



188 kcal

BEVERAGE

DRINK

Ingredients

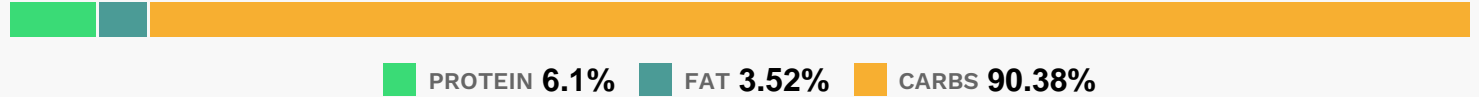
- 2 fluid ounces cognac
- 10 mint leaves fresh
- 2 fluid ounces sparkling wine dry chilled or as needed
- 1 tablespoon warm water
- 1 teaspoon sugar white

Equipment

Directions

- Place mint leaves in a tall cocktail glass.
- Add sugar and warm water; muddle gently.
- Add crushed ice.
- Pour in cognac; stir. Top with sparkling wine.

Nutrition Facts



Properties

Glycemic Index:85.09, Glycemic Load:2.79, Inflammation Score:-6, Nutrition Score:2.2008695777344%

Flavonoids

Eriodictyol: 3.09mg, Eriodictyol: 3.09mg, Eriodictyol: 3.09mg, Eriodictyol: 3.09mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg

Nutrients (% of daily need)

Calories: 187.99kcal (9.4%), Fat: 0.11g (0.16%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 6.16g (2.05%), Net Carbohydrates: 5.36g (1.95%), Sugar: 4.67g (5.19%), Cholesterol: 0mg (0%), Sodium: 8.62mg (0.37%), Alcohol: 23.54g (100%), Alcohol %: 20.26% (100%), Protein: 0.42g (0.83%), Vitamin A: 424.8IU (8.5%), Manganese: 0.13mg (6.42%), Iron: 0.77mg (4.28%), Vitamin C: 3.18mg (3.85%), Magnesium: 14.06mg (3.52%), Fiber: 0.8g (3.2%), Potassium: 110.21mg (3.15%), Calcium: 30.11mg (3.01%), Folate: 11.99µg (3%), Copper: 0.05mg (2.73%), Vitamin B2: 0.04mg (2.1%), Phosphorus: 18.54mg (1.85%), Vitamin B6: 0.03mg (1.27%), Zinc: 0.18mg (1.23%), Vitamin B3: 0.24mg (1.19%)