



Champagne-Pomegranate Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



135 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup pomegranate juice
- ☐ 8 servings pomegranate seeds
- ☐ 750 ml sparkling wine

Equipment

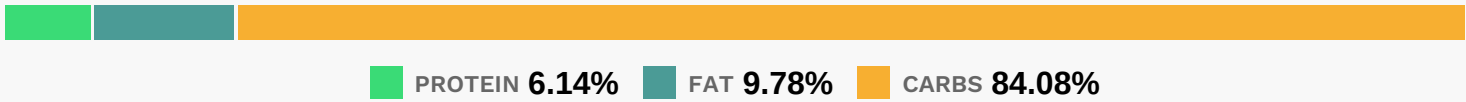
Directions

- ☐ Divide pomegranate juice among 8 champagne flutes. Top off each glass with champagne.

☐

Garnish with a few pomegranate seeds, if desired.

Nutrition Facts



Properties

Glycemic Index:8.38, Glycemic Load:8.57, Inflammation Score:-4, Nutrition Score:5.187391291494%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 134.84kcal (6.74%), Fat: 1.11g (1.7%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 21.44g (7.15%), Net Carbohydrates: 17.93g (6.52%), Sugar: 16.92g (18.8%), Cholesterol: 0mg (0%), Sodium: 11.96mg (0.52%), Alcohol: 5.99g (100%), Alcohol %: 3.58% (100%), Protein: 1.57g (3.13%), Vitamin K: 17.5µg (16.67%), Fiber: 3.51g (14.04%), Vitamin C: 8.91mg (10.79%), Folate: 41.47µg (10.37%), Potassium: 354.22mg (10.12%), Copper: 0.15mg (7.71%), Manganese: 0.13mg (6.65%), Magnesium: 21.97mg (5.49%), Phosphorus: 48.77mg (4.88%), Vitamin B6: 0.1mg (4.82%), Vitamin E: 0.64mg (4.27%), Vitamin B1: 0.06mg (4.2%), Vitamin B5: 0.42mg (4.17%), Iron: 0.67mg (3.7%), Vitamin B2: 0.06mg (3.54%), Zinc: 0.41mg (2.72%), Vitamin B3: 0.42mg (2.1%), Calcium: 20.54mg (2.05%), Selenium: 0.72µg (1.02%)