



Champagne Pomegranate Cocktail

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



102 kcal

BEVERAGE

DRINK

Ingredients

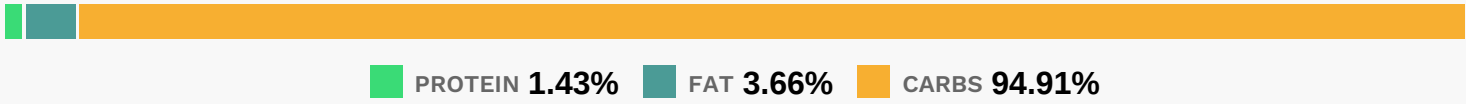
- ☐ 0.3 cup brandy
- ☐ 0.5 cup ginger ale
- ☐ 4 cups ice crushed
- ☐ 2 cups pomegranate juice
- ☐ 750 milliliter sparkling wine

Equipment

Directions

- ☐ Combine the first 5 ingredients in a pitcher.
- ☐ Pour about 1 cup of the Champagne mixture into each of 8 glasses.
- ☐ Garnish with seeds, if desired.

Nutrition Facts



Properties

Glycemic Index:9.75, Glycemic Load:0.81, Inflammation Score:-3, Nutrition Score:1.8508695577798%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 101.78kcal (5.09%), Fat: 0.18g (0.28%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 10.54g (3.51%), Net Carbohydrates: 10.48g (3.81%), Sugar: 10.23g (11.37%), Cholesterol: 0mg (0%), Sodium: 19.17mg (0.83%), Alcohol: 8.49g (100%), Alcohol %: 3.63% (100%), Protein: 0.16g (0.32%), Potassium: 215.81mg (6.17%), Vitamin K: 6.47µg (6.17%), Folate: 15.88µg (3.97%), Magnesium: 15.04mg (3.76%), Manganese: 0.06mg (3.12%), Iron: 0.47mg (2.59%), Copper: 0.05mg (2.33%), Vitamin B6: 0.04mg (2.18%), Phosphorus: 21.17mg (2.12%), Calcium: 19.26mg (1.93%), Vitamin B5: 0.18mg (1.77%), Vitamin E: 0.24mg (1.58%), Vitamin B3: 0.24mg (1.2%), Vitamin B2: 0.02mg (1.12%), Zinc: 0.15mg (1.02%)