



Champagne Royale

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



66 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup blackberries wild fresh
- 750 milliliter champagne chilled
- 1 pears

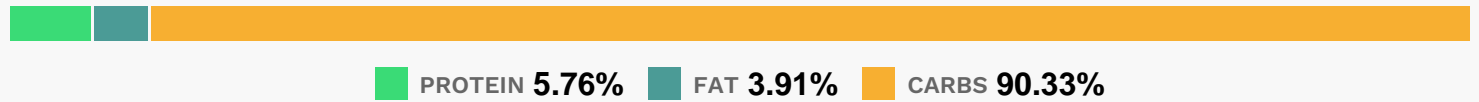
Equipment

- food processor
- bowl
- sieve
- blender

Directions

- Peel pear, and cut into chunks. In a food processor or blender, pulse pear until coarsely chopped.
- Pour through a wire-mesh strainer into a bowl, discarding pulp. Set juice aside.
- For each serving, add 1 tablespoon prickly pear juice and several blackberries to each glass; fill with champagne.
- Note: Two cups raspberries may be substituted for one prickly pear. In a food processor or blender, process raspberries until smooth.
- Pour through a wire-mesh strainer into a bowl, discarding seeds. Set juice aside. Proceed as directed.

Nutrition Facts



Properties

Glycemic Index:7.72, Glycemic Load:1.18, Inflammation Score:-4, Nutrition Score:2.2108695636625%

Flavonoids

Cyanidin: 18.45mg, Cyanidin: 18.45mg, Cyanidin: 18.45mg, Cyanidin: 18.45mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 6.73mg, Catechin: 6.73mg, Catechin: 6.73mg, Catechin: 6.73mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 66.25kcal (3.31%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 6.21g (2.07%), Net Carbohydrates: 4.56g (1.66%), Sugar: 4.12g (4.58%), Cholesterol: 0mg (0%), Sodium: 6.95mg (0.3%), Alcohol: 5.99g (100%), Alcohol %: 5.67% (100%), Protein: 0.4g (0.79%), Fiber: 1.64g (6.57%), Manganese: 0.13mg (6.35%), Vitamin C: 4.74mg (5.74%), Vitamin K: 4.54µg (4.33%), Potassium: 137.26mg (3.92%), Magnesium: 14.51mg (3.63%), Iron: 0.53mg (2.92%), Copper: 0.06mg (2.91%), Phosphorus: 20.66mg (2.07%), Folate: 6.99µg (1.75%), Vitamin E: 0.24mg (1.58%), Calcium: 15.64mg (1.56%), Vitamin B6: 0.03mg (1.53%), Zinc: 0.19mg (1.28%), Vitamin B3: 0.25mg

(1.23%), Vitamin B2: 0.02mg (1.17%)