Chanel

Vegetarian · Vegan · Gluten Free · Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	1	267 kcal

BEVERAGE · DRINK

Ingredients

- [ ] 2 tablespoons chambord liqueur
- [ ] 2 tablespoons pineapple juice
- [ ] 1 serving garnish: raspberries
- [ ] 0.5 cup piper sonoma sparkling wine
- [ ] 2 tablespoons ketel one vodka

Equipment

Directions

- [ ] Combine vodka, Chambord liqueur, and pineapple juice in a Champagne flute. Top with sparkling wine.
- [ ] Garnish, if desired.

Nutrition Facts

PROTEIN **3.9%** FAT **4.81%** CARBS **91.29%**

Properties

Glycemic Index:87, Glycemic Load:2.59, Inflammation Score:-6, Nutrition Score:5.6439130876375%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 266.62kcal (13.33%), Fat: 0.52g (0.79%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 22.04g (7.35%), Net Carbohydrates: 18.08g (6.58%), Sugar: 16.66g (18.51%), Cholesterol: 0mg (0%), Sodium: 12.16mg (0.53%), Alcohol: 25.37g (100%), Alcohol %: 12% (100%), Caffeine: 7.8mg (2.6%), Protein: 0.94g (1.88%), Manganese: 0.56mg (27.92%), Vitamin C: 18.72mg (22.69%), Fiber: 3.96g (15.84%), Magnesium: 29.5mg (7.38%), Potassium: 242.74mg (6.94%), Iron: 1mg (5.56%), Copper: 0.1mg (5.13%), Folate: 19.18µg (4.8%), Vitamin K: 4.77µg (4.54%), Vitamin B6: 0.09mg (4.33%), Phosphorus: 40.8mg (4.08%), Vitamin E: 0.53mg (3.52%), Calcium: 29.82mg (2.98%), Vitamin B3: 0.58mg (2.9%), Vitamin B2: 0.05mg (2.74%), Vitamin B1: 0.04mg (2.62%), Zinc: 0.39mg (2.59%), Vitamin B5: 0.21mg (2.14%)