



Cherry Frost



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



201 kcal

BEVERAGE

DRINK

Ingredients



1 tablespoon brandy



1 cup ice cubes crushed



3 tablespoons cherry liqueur black



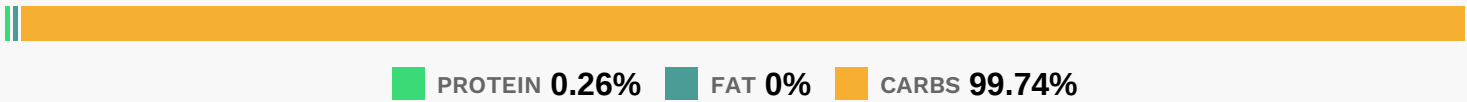
4 tablespoons sparkling white wine

Equipment

Directions

- ☐
- Combine black cherry liqueur, brandy, and crushed ice in a cocktail shaker. Cover with lid, and shake vigorously until thoroughly chilled (about 30 seconds). Strain into a Champagne flute, and top with sparkling white wine.
- ☐
- Garnish, if desired.
- ☐
- Note: We tested with Heering cherry liqueur and Riondo Prosecco Spago Nero.

Nutrition Facts



Properties

Glycemic Index:30, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:0.71913044025069%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 201.3kcal (10.06%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 16.02g (5.34%), Net Carbohydrates: 16.02g (5.83%), Sugar: 14.89g (16.54%), Cholesterol: 0mg (0%), Sodium: 14.98mg (0.65%), Alcohol: 29.37g (100%), Alcohol %: 10.44% (100%), Protein: 0.04g (0.08%), Manganese: 0.07mg (3.65%), Copper: 0.04mg (2.17%), Magnesium: 8.37mg (2.09%), Vitamin B6: 0.03mg (1.51%), Calcium: 12.5mg (1.25%), Potassium: 42.9mg (1.23%), Phosphorus: 11.4mg (1.14%)