



## Chocolate and Port Sippers

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



198 kcal

BEVERAGE

DRINK

### Ingredients

- 2 tablespoons chocolate liqueur such as godiva
- 1 serving ice cubes
- 1 serving lemon wedges
- 2 tablespoons ruby port

### Equipment

### Directions

- Fill a 4 oz. highball glass with ice.
- Pour liqueur and port over ice and garnish with a lemon wedge.

## Nutrition Facts

**PROTEIN 2.66%**

**FAT 49.43%**

**CARBS 47.91%**

### Properties

Glycemic Index:68.1, Glycemic Load:6.93, Inflammation Score:-3, Nutrition Score:2.7773912989575%

### Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

### Nutrients (% of daily need)

Calories: 198.23kcal (9.91%), Fat: 10.12g (15.56%), Saturated Fat: 5.94g (37.12%), Carbohydrates: 22.07g (7.36%), Net Carbohydrates: 20.41g (7.42%), Sugar: 17.58g (19.54%), Cholesterol: 0mg (0%), Sodium: 10.25mg (0.45%), Alcohol: 4.59g (100%), Alcohol %: 4.99% (100%), Caffeine: 19.52mg (6.51%), Protein: 1.22g (2.45%), Copper: 0.19mg (9.63%), Magnesium: 36.76mg (9.19%), Manganese: 0.18mg (9.1%), Fiber: 1.65g (6.62%), Iron: 0.89mg (4.97%), Phosphorus: 46.33mg (4.63%), Vitamin B2: 0.08mg (4.5%), Potassium: 114.74mg (3.28%), Zinc: 0.47mg (3.14%), Vitamin K: 1.86µg (1.77%), Selenium: 0.98µg (1.4%), Vitamin B3: 0.26mg (1.32%), Calcium: 11.44mg (1.14%)