



Citrus Champagne Cocktails



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



87 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup grapefruit juice fresh (from 1 large grapefruit)
- ☐ 0.5 cup juice of lemon fresh (from 4 large lemons)
- ☐ 0.5 cup orange juice fresh (from 2 large oranges)
- ☐ 750 ml sparkling wine chilled
- ☐ 0.3 cup sugar

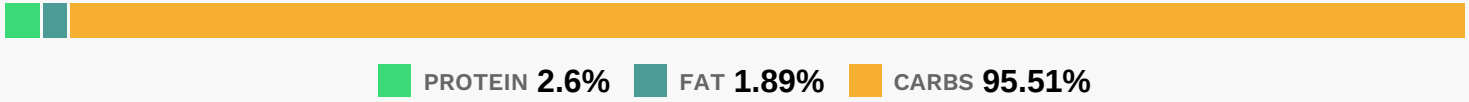
Equipment

Directions

- ☐
- Mix all juices and sugar in a pitcher and stir until sugar dissolves. Cover and chill at least 2 hours or up to overnight.

☐☐

Nutrition Facts



Properties

Glycemic Index:21.26, Glycemic Load:5.96, Inflammation Score:-4, Nutrition Score:2.0073913294498%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 4.06mg, Hesperetin: 4.06mg, Hesperetin: 4.06mg, Hesperetin: 4.06mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 87kcal (4.35%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 11.62g (3.87%), Net Carbohydrates: 11.53g (4.19%), Sugar: 10.62g (11.8%), Cholesterol: 0mg (0%), Sodium: 7.21mg (0.31%), Alcohol: 5.99g (100%), Alcohol %: 5.22% (100%), Protein: 0.32g (0.63%), Vitamin C: 17.62mg (21.36%), Potassium: 153.02mg (4.37%), Magnesium: 13.45mg (3.36%), Iron: 0.48mg (2.66%), Folate: 8.93µg (2.23%), Phosphorus: 19.51mg (1.95%), Vitamin B6: 0.03mg (1.6%), Calcium: 12.28mg (1.23%), Vitamin B1: 0.02mg (1.17%), Vitamin B3: 0.21mg (1.07%), Vitamin B2: 0.02mg (1.03%)