

Clicquot Rico



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 ounces champagne



1 serving pineapple fresh for garnish



1.5 ounces pineapple juice



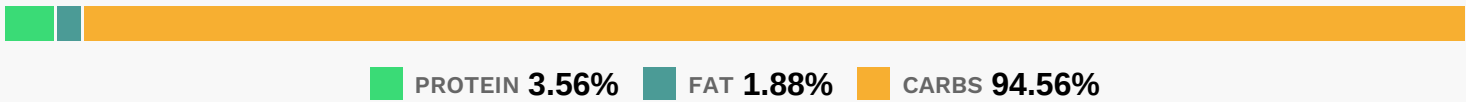
1.5 ounces rum

Equipment

Directions

- ☐ Add the ingredients to a Champagne glass, in the order listed.
- ☐ Serena, Food & Stories
- ☐ Stewart, Tabori & Chang

Nutrition Facts



Properties

Glycemic Index:119.67, Glycemic Load:8.14, Inflammation Score:-5, Nutrition Score:7.0652174360078%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 189.8kcal (9.49%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 16.94g (5.65%), Net Carbohydrates: 15.7g (5.71%), Sugar: 13.02g (14.47%), Cholesterol: 0mg (0%), Sodium: 6.07mg (0.26%), Alcohol: 17.83g (100%), Alcohol %: 10.08% (100%), Protein: 0.64g (1.28%), Vitamin C: 43.69mg (52.95%), Manganese: 0.99mg (49.34%), Vitamin B6: 0.15mg (7.33%), Copper: 0.14mg (6.76%), Vitamin B1: 0.09mg (6.16%), Folate: 23.07µg (5.77%), Potassium: 195.95mg (5.6%), Magnesium: 20.67mg (5.17%), Fiber: 1.24g (4.96%), Iron: 0.61mg (3.42%), Vitamin B3: 0.56mg (2.8%), Vitamin B2: 0.04mg (2.51%), Calcium: 21.36mg (2.14%), Phosphorus: 20.21mg (2.02%), Vitamin B5: 0.2mg (2%), Zinc: 0.21mg (1.39%)