



Cognac Sparkling Wine Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



133 kcal

BEVERAGE

DRINK

Ingredients



4 drops angostura bitters



0.5 cup cognac chilled



1.5 cups demi-sec sparkling wine chilled (such as Gruet)



4 coarsely sugar cubes

Equipment

Directions

- ☐
- Place 1 drop of bitters onto each sugar cube; place 1 sugar cube into bottom of each of 4 Champagne flutes.
- ☐
- Combine wine and cognac.
- ☐
- Pour 1/2 cup wine mixture into each flute.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:2.79, Inflammation Score:-3, Nutrition Score:0.56608695796003%

Nutrients (% of daily need)

Calories: 132.82kcal (6.64%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0%), Carbohydrates: 5.48g (1.83%), Net Carbohydrates: 5.48g (1.99%), Sugar: 5.14g (5.71%), Cholesterol: 0mg (0%), Sodium: 6.53mg (0.28%), Alcohol: 16.13g (100%), Alcohol %: 16.56% (100%), Protein: 0.06g (0.12%), Potassium: 78.56mg (2.24%), Magnesium: 8.85mg (2.21%), Iron: 0.37mg (2.04%), Phosphorus: 14.48mg (1.45%)