



WHATSheATE

Crimson Spice Champagne Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



16

CALORIES



136 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 8 cups sparkling wine chilled ()
- ☐ 2 cinnamon sticks (3 in. long)
- ☐ 0.3 cup brandy
- ☐ 2 quarts cranberry juice cocktail
- ☐ 8 slices ginger fresh thick peeled (quarter size and)
- ☐ 2 star anise whole

Equipment

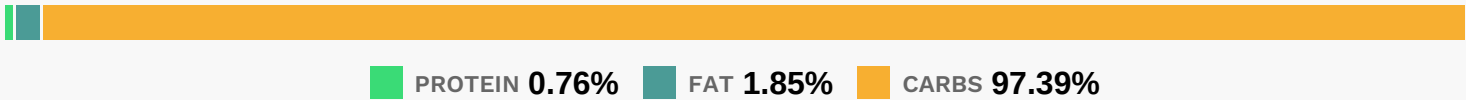
- ☐ frying pan

☐ sieve

Directions

- ☐ In a 3 1/2- to 4-quart pan, combine cranberry juice, ginger, cinnamon sticks, and star anise. Boil over high heat until reduced to 2 cups, about 1 hour.
- ☐ Let cool about 30 minutes, then pour through a fine strainer into a small pitcher. Chill syrup until cold, at least 1 1/2 hours.
- ☐ For each serving, pour 2 tablespoons of the cranberry syrup and 1 teaspoon cognac into a Champagne flute (6 to 8 oz.).
- ☐ Add 1/2 cup (4 oz.) Champagne.
- ☐ Garnish with 2 or 3 cranberries if desired.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:9.61, Inflammation Score:-5, Nutrition Score:4.1017391607165%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 135.55kcal (6.78%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 17.94g (5.98%), Net Carbohydrates: 17.67g (6.43%), Sugar: 15.46g (17.18%), Cholesterol: 0mg (0%), Sodium: 10.87mg (0.47%), Alcohol: 9.22g (100%), Alcohol %: 4.81% (100%), Protein: 0.14g (0.28%), Vitamin C: 50.13mg (60.77%), Manganese: 0.14mg (6.96%), Iron: 0.68mg (3.78%), Potassium: 128.34mg (3.67%), Magnesium: 13.89mg (3.47%), Phosphorus: 20.25mg (2.03%), Calcium: 19.52mg (1.95%), Vitamin E: 0.27mg (1.82%), Copper: 0.03mg (1.54%), Vitamin B6: 0.03mg (1.34%), Vitamin K: 1.32µg (1.26%), Fiber: 0.27g (1.08%)