



Drink the Book: Soyer au Champagne



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



134 kcal

BEVERAGE

DRINK

Ingredients

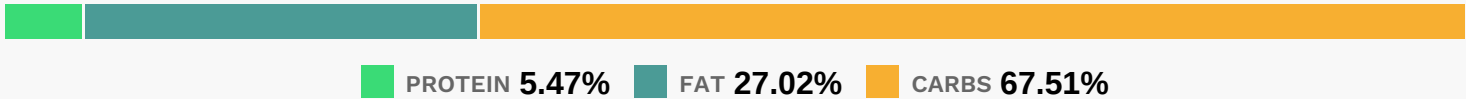
- ☐ 0.1 tsp brandy
- ☐ 0.1 tsp maraschino liqueur
- ☐ 1 slice pineapple
- ☐ 2 oz sparkling wine dry (extra , sec, or demi-sec)
- ☐ 2 Tbsp whipped cream

Equipment

Directions

- ☐ Scoop the ice cream into a tumbler or cocktail glass.
- ☐ Add the brandy, curaao, and maraschino liqueur.
- ☐ Top with the sparkling wine, garnish and serve.

Nutrition Facts



Properties

Glycemic Index:134.67, Glycemic Load:9.9, Inflammation Score:-5, Nutrition Score:6.9726087969282%

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: 134.05kcal (6.7%), Fat: 3.35g (5.16%), Saturated Fat: 2.01g (12.59%), Carbohydrates: 18.84g (6.28%), Net Carbohydrates: 17.46g (6.35%), Sugar: 15.39g (17.1%), Cholesterol: 13.01mg (4.34%), Sodium: 28.46mg (1.24%), Alcohol: 4.09g (100%), Alcohol %: 3.02% (100%), Protein: 1.53g (3.06%), Vitamin C: 40.33mg (48.88%), Manganese: 0.78mg (39.06%), Vitamin B2: 0.1mg (6.09%), Vitamin B6: 0.12mg (5.98%), Potassium: 200.29mg (5.72%), Fiber: 1.38g (5.53%), Calcium: 53.86mg (5.39%), Copper: 0.11mg (5.28%), Vitamin B1: 0.08mg (5.23%), Magnesium: 19.89mg (4.97%), Phosphorus: 46.29mg (4.63%), Folate: 17.17µg (4.29%), Vitamin B5: 0.35mg (3.51%), Vitamin A: 173.17IU (3.46%), Iron: 0.5mg (2.76%), Vitamin B3: 0.51mg (2.56%), Zinc: 0.35mg (2.34%), Vitamin B12: 0.12µg (1.92%), Selenium: 0.73µg (1.04%)