



Drinking in Season: Pomegranate and Ginger Sparkler



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



2 min.

SERVINGS



1

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 serving candied ginger



1 ounce ginger



1 ounce pomegranate juice



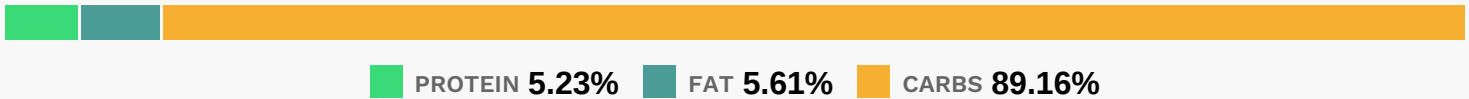
3 ounces sparkling wine

Equipment

Directions

- ☐ Combine the pomegranate juice and ginger liqueur in a champagne flute.
- ☐ Pour sparkling wine over top.
- ☐ Garnish rim with a piece of candied ginger.
- ☐ To make ahead of time: combine 8 ounces pomegranate juice with 8 ounces ginger liqueur. This will make enough for to be paired with 1 bottle of sparkling wine.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.67, Inflammation Score:-4, Nutrition Score:2.1860869760099%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 82.87kcal (4.14%), Fat: 0.29g (0.45%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 9.94g (3.61%), Sugar: 5.79g (6.43%), Cholesterol: 0mg (0%), Sodium: 12.34mg (0.54%), Alcohol: 5.44g (100%), Alcohol %: 4.83% (100%), Protein: 0.62g (1.24%), Potassium: 253.16mg (7.23%), Magnesium: 22.68mg (5.67%), Manganese: 0.09mg (4.59%), Copper: 0.08mg (3.97%), Vitamin B6: 0.07mg (3.69%), Iron: 0.54mg (2.99%), Vitamin K: 2.98µg (2.83%), Folate: 10.77µg (2.69%), Phosphorus: 25.51mg (2.55%), Fiber: 0.6g (2.38%), Vitamin B3: 0.36mg (1.82%), Vitamin C: 1.45mg (1.75%), Calcium: 15.31mg (1.53%), Vitamin B5: 0.14mg (1.38%), Vitamin B2: 0.02mg (1.32%), Zinc: 0.19mg (1.27%), Vitamin E: 0.18mg (1.21%)