

## Etre en Verve

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



3 min.

SERVINGS



1

CALORIES



174 kcal

BEVERAGE

DRINK

### Ingredients

- 2 dashes angostura bitters
- 1 serving ice cubes
- 1 serving optional: lemon
- 2 ounces lillet blanc
- 1 serving sparkling wine

### Equipment

## Directions

- Fill a large wine glass with ice.
- Add Lillet and bitters, then top off with sparkling wine. Stir gently, garnish with lemon curl, and serve immediately.

## Nutrition Facts

**PROTEIN 1.96%** **FAT 0.51%** **CARBS 97.53%**

## Properties

Glycemic Index:25.5, Glycemic Load:0.12, Inflammation Score:-5, Nutrition Score:1.2195652094062%

## Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 174.29kcal (8.71%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.02%), Carbohydrates: 8.99g (3%), Net Carbohydrates: 8.79g (3.2%), Sugar: 7.01g (7.79%), Cholesterol: 0mg (0%), Sodium: 13.3mg (0.58%), Alcohol: 20.01g (100%), Alcohol %: 9.4% (100%), Protein: 0.18g (0.36%), Vitamin C: 3.71mg (4.5%), Potassium: 139.9mg (4%), Magnesium: 15.92mg (3.98%), Iron: 0.63mg (3.52%), Phosphorus: 23.32mg (2.33%), Vitamin B6: 0.04mg (1.76%), Calcium: 16.82mg (1.68%), Copper: 0.03mg (1.39%)