



Framboise Fizz Cocktail

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



219 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.8 fluid ounce creme de cacao liqueur white
- ☐ 2 fluid ounces framboise
- ☐ 1 cup ice cubes
- ☐ 0.8 fluid ounce juice of lemon
- ☐ 3 raspberries fresh
- ☐ 1.5 fluid ounces tequila

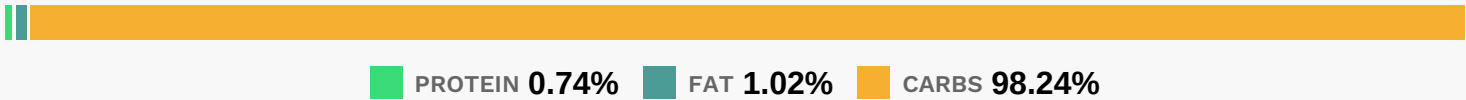
Equipment

- ☐ toothpicks

Directions

- ☐ Combine tequila, creme de cacao, and lemon juice in a cocktail shaker.
- ☐ Add ice, cover and shake until chilled. Strain into a chilled cocktail glass.
- ☐ Pour framboise on top.
- ☐ Garnish with 3 raspberries on a toothpick.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:1.2739130567921%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 219.35kcal (10.97%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 19.91g (6.64%), Net Carbohydrates: 19.46g (7.07%), Sugar: 7.14g (7.94%), Cholesterol: 0mg (0%), Sodium: 12.55mg (0.55%), Alcohol: 20.51g (100%), Alcohol %: 6.66% (100%), Protein: 0.15g (0.3%), Vitamin C: 10.15mg (12.31%), Copper: 0.06mg (2.81%), Manganese: 0.05mg (2.54%), Fiber: 0.46g (1.83%), Folate: 5.7µg (1.42%), Magnesium: 5.02mg (1.25%)