



## French 75

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



205 kcal

BEVERAGE

DRINK

### Ingredients


- 6 ounces champagne
- 1.5 ounces cognac
- 1 serving ice cubes
- 1 serving lemon twist
- 1 ounce juice of lemon fresh
- 1 teaspoon sugar

### Equipment

## Directions

- Watch how to make this recipe.
- Add all the ingredients to a glass filled with ice. Stir to combine and serve garnished with a lemon twist.

## Nutrition Facts

 **PROTEIN 3.24%**  **FAT 2.52%**  **CARBS 94.24%**

## Properties

Glycemic Index:110.59, Glycemic Load:2.91, Inflammation Score:-6, Nutrition Score:2.2704347331563%

## Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 6.06mg, Hesperetin: 6.06mg, Hesperetin: 6.06mg, Hesperetin: 6.06mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg 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: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 205.25kcal (10.26%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 8.58g (2.86%), Net Carbohydrates: 8.3g (3.02%), Sugar: 6.84g (7.6%), Cholesterol: 0mg (0%), Sodium: 15.6mg (0.68%), Alcohol: 25.09g (100%), Alcohol %: 10.33% (100%), Protein: 0.3g (0.59%), Vitamin C: 14.68mg (17.8%), Potassium: 189.48mg (5.41%), Magnesium: 19.83mg (4.96%), Iron: 0.76mg (4.24%), Phosphorus: 30.6mg (3.06%), Vitamin B6: 0.05mg (2.65%), Copper: 0.04mg (2.2%), Calcium: 20.55mg (2.05%), Folate: 8.14µg (2.04%), Vitamin B2: 0.03mg (1.48%), Zinc: 0.18mg (1.18%), Fiber: 0.28g (1.12%), Vitamin B3: 0.21mg (1.04%)