



French in a Flash: Cosmopolitan Kir Royales

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



126 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces champagne very cold
- 2 ounces 1/4 cup dried cranberry (juice sweetened if possible) 100%
- 1 cranberries for garnish
- 0.5 ounce triple sec

Equipment

Directions

Add triple sec and cranberry juice to champagne flute. Top with cold Champagne and garnish with cranberry or orange twist.

Serve immediately.

Nutrition Facts

PROTEIN 2.36% **FAT 1.96%** **CARBS 95.68%**

Properties

Glycemic Index:101, Glycemic Load:3.88, Inflammation Score:-4, Nutrition Score:1.7565217146893%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 125.76kcal (6.29%), Fat: 0.12g (0.18%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 12.93g (4.31%), Net Carbohydrates: 12.84g (4.67%), Sugar: 12.77g (14.19%), Cholesterol: 0mg (0%), Sodium: 10.23mg (0.44%), Alcohol: 10.94g (100%), Alcohol %: 7.49% (100%), Caffeine: 3.69mg (1.23%), Protein: 0.32g (0.64%), Vitamin C: 5.41mg (6.56%), Vitamin E: 0.69mg (4.62%), Potassium: 148.5mg (4.24%), Magnesium: 15.23mg (3.81%), Iron: 0.61mg (3.37%), Vitamin K: 2.94µg (2.8%), Vitamin B6: 0.05mg (2.64%), Phosphorus: 25.34mg (2.53%), Copper: 0.05mg (2.49%), Calcium: 14.96mg (1.5%), Vitamin B2: 0.02mg (1.38%), Zinc: 0.15mg (1.02%)