



Fruity Mimosa Bar



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



289 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

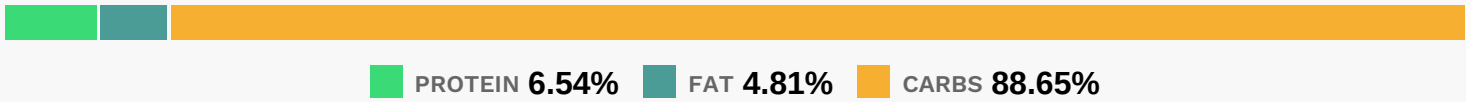
- ☐ 750 ml champagne chilled
- ☐ 750 ml cooking wine chilled
- ☐ 32 oz orange juice chilled
- ☐ 32 oz peaches chilled
- ☐ 32 oz kiwi fruit chilled

Equipment

Directions

- ☐ Open champagne and wine; place bottles in ice buckets filled with ice to keep cold, if desired.
- ☐ Pour each fruit juice into separate clear glass bottle or pitcher. Set out champagne flutes for guests to self-serve.
- ☐ To make mimosa: Fill champagne flute with equal amounts champagne or wine and fruit juice of choice.

Nutrition Facts



Properties

Glycemic Index:19.99, Glycemic Load:16.9, Inflammation Score:-9, Nutrition Score:15.916086735933%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 2.96mg, Epicatechin: 2.96mg, Epicatechin: 2.96mg, Epicatechin: 2.96mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 13.55mg, Hesperetin: 13.55mg, Hesperetin: 13.55mg, Hesperetin: 13.55mg Naringenin: 2.43mg, Naringenin: 2.43mg, Naringenin: 2.43mg, Naringenin: 2.43mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 289.19kcal (14.46%), Fat: 1.03g (1.59%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 42.8g (14.27%), Net Carbohydrates: 37.47g (13.63%), Sugar: 31.06g (34.51%), Cholesterol: 0mg (0%), Sodium: 32.85mg (1.43%), Alcohol: 15.88g (100%), Alcohol %: 3.81% (100%), Protein: 3.16g (6.32%), Vitamin C: 146.06mg (177.04%), Vitamin K: 49.21µg (46.87%), Potassium: 766.12mg (21.89%), Fiber: 5.33g (21.32%), Folate: 72.19µg (18.05%), Manganese: 0.31mg (15.71%), Vitamin E: 2.35mg (15.65%), Copper: 0.31mg (15.36%), Magnesium: 59.5mg (14.88%), Vitamin A: 695.13IU (13.9%), Phosphorus: 115.83mg (11.58%), Vitamin B1: 0.16mg (10.98%), Vitamin B6: 0.21mg (10.65%), Vitamin B3: 2.04mg (10.19%), Iron: 1.61mg (8.95%), Vitamin B2: 0.13mg (7.57%), Calcium: 72.72mg (7.27%), Vitamin B5: 0.63mg (6.32%), Zinc: 0.67mg (4.5%), Selenium: 3.1µg (4.43%)