

Hibiscus Royale Champagne Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



1

CALORIES



857 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup sugar
- ☐ 1 cup water
- ☐ 4 ginger tea bags
- ☐ 2 tablespoons hibiscus tea simple syrup
- ☐ 4 oz sparkling wine chilled
- ☐ 1 serving raspberries

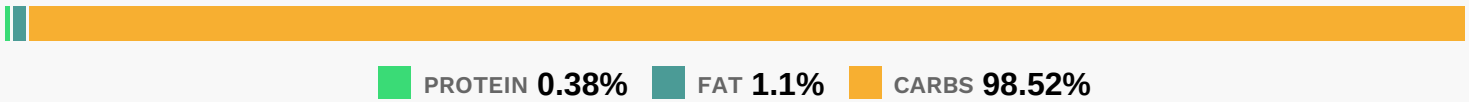
Equipment

- ☐ sauce pan

Directions

- ☐ To make Hibiscus Tea Simple Syrup, mix sugar and water in 1-quart saucepan.
- ☐ Heat to boiling over medium-high heat, stirring until sugar dissolves.
- ☐ Remove from heat.
- ☐ Add tea bags; steep 5 minutes.
- ☐ Remove and discard tea bags; set aside 1 hour to cool.
- ☐ Transfer to a storage container. Cover container, and refrigerate up to 1 week. Makes 1 1/2 cups.
- ☐ To make cocktail, add 2 tablespoons simple syrup to a champagne flute. Top with champagne.
- ☐ Garnish with raspberries or lemon twist.

Nutrition Facts



Properties

Glycemic Index:96.09, Glycemic Load:140.46, Inflammation Score:-4, Nutrition Score:5.1104347705841%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 856.77kcal (42.84%), Fat: 1.03g (1.58%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 207.67g (69.22%), Net Carbohydrates: 203.77g (74.1%), Sugar: 203.56g (226.17%), Cholesterol: 0mg (0%), Sodium: 23.55mg (1.02%), Alcohol: 7.26g (100%), Alcohol %: 1.4% (100%), Protein: 0.8g (1.6%), Manganese: 0.41mg (20.5%), Vitamin C: 15.72mg

(19.05%), Fiber: 3.9g (15.6%), Magnesium: 27.79mg (6.95%), Copper: 0.12mg (5.92%), Potassium: 200.3mg (5.72%), Iron: 0.99mg (5.51%), Vitamin K: 4.68µg (4.46%), Vitamin B2: 0.07mg (4.24%), Calcium: 36.67mg (3.67%), Folate: 14.03µg (3.51%), Vitamin E: 0.52mg (3.48%), Phosphorus: 34.71mg (3.47%), Vitamin B6: 0.06mg (2.78%), Zinc: 0.4mg (2.65%), Vitamin B3: 0.48mg (2.42%), Selenium: 1.55µg (2.21%), Vitamin A: 107.34IU (2.15%), Vitamin B5: 0.2mg (1.97%), Vitamin B1: 0.02mg (1.28%)