

Holiday Sparkler



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



144 kcal

BEVERAGE

DRINK

Ingredients

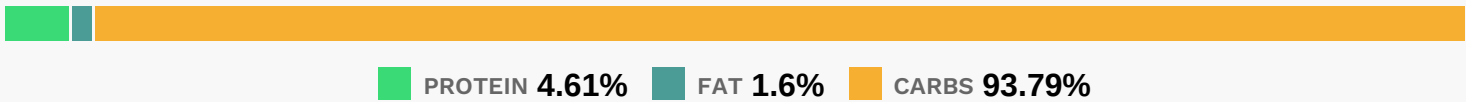
- ☐ 5 ounces brandy
- ☐ 0.1 teaspoon ground allspice
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.1 teaspoon ground ginger
- ☐ 1 lemon wedges
- ☐ 5 cubes brown sugar light
- ☐ 750 milliliter sparkling wine chilled

Equipment

Directions

- ☐ Pour the brown sugar onto a small plate. Rub the lemon wedge along the rim of each champagne glass (but not inside the rim). Holding each glass at an angle, roll the outer edge of the rim in the sugar until it's fully coated.
- ☐ Mix together the cinnamon, cloves, allspice, and ginger, then divide the mixture evenly among 5 champagne glasses.
- ☐ Add 1 sugar cube and 1 ounce of the brandy to each glass. Stir until the spices are well blended.Divide the sparkling wine evenly among the glasses. (Be careful, the sparkling wine will fizz vigorously.)
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.1, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:1.2639130609029%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg, Hesperetin: 1mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 144.21kcal (7.21%), Fat: 0.02g (0.04%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 3.21g (1.07%), Net Carbohydrates: 3.05g (1.11%), Sugar: 2.78g (3.09%), Cholesterol: 0mg (0%), Sodium: 11.3mg (0.49%), Alcohol: 19.04g (100%), Alcohol %: 13.21% (100%), Protein: 0.16g (0.32%), Potassium: 140.44mg (4.01%), Magnesium: 15.67mg (3.92%), Iron: 0.66mg (3.68%), Manganese: 0.06mg (3.19%), Phosphorus: 24.42mg (2.44%), Vitamin C: 1.93mg (2.34%), Vitamin B6: 0.03mg (1.71%), Calcium: 16.44mg (1.64%), Copper: 0.03mg (1.25%)