



Kiwi Sparkler

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



186 kcal

BEVERAGE

DRINK

Ingredients

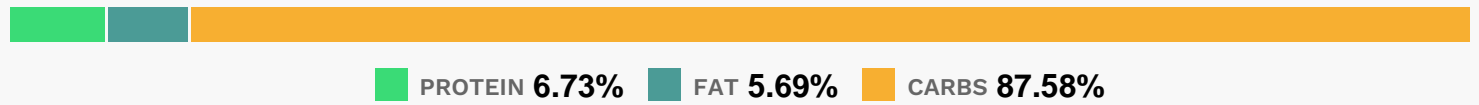
- 1 serving ice cubes
- 1 medium kiwi fruit peeled cut into large chunks
- 0.3 ounce juice of lime freshly squeezed
- 1 ounce peaches
- 1.5 ounces sparkling wine dry such as prosecco
- 1.5 ounces vodka

Equipment

Directions

- Fill a rocks glass with ice and set aside.
- Place the peach liqueur, lime juice, and kiwi in a cocktail shaker and gently muddle until the kiwi releases its juice.
- Add the vodka and fill the shaker halfway with ice. Shake vigorously until the outside of the shaker is frosty. Strain into the prepared glass, add the sparkling wine, and gently stir to combine.

Nutrition Facts



Properties

Glycemic Index:107.92, Glycemic Load:6.25, Inflammation Score:-6, Nutrition Score:9.0791302090106%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 185.53kcal (9.28%), Fat: 0.48g (0.74%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 16.7g (5.57%), Net Carbohydrates: 13.51g (4.91%), Sugar: 11.17g (12.41%), Cholesterol: 0mg (0%), Sodium: 14.58mg (0.63%), Alcohol: 16.92g (100%), Alcohol %: 8.02% (100%), Protein: 1.28g (2.56%), Vitamin C: 71.27mg (86.38%), Vitamin K: 37.57µg (35.78%), Fiber: 3.18g (12.73%), Vitamin E: 1.41mg (9.37%), Copper: 0.16mg (8.19%), Potassium: 260.91mg (7.45%), Folate: 26.5µg (6.62%), Magnesium: 22.21mg (5.55%), Manganese: 0.11mg (5.39%), Phosphorus: 46.67mg (4.67%), Calcium: 39.48mg (3.95%), Vitamin B6: 0.07mg (3.69%), Vitamin A: 175.13IU (3.5%), Vitamin B3: 0.62mg (3.09%), Iron: 0.5mg (2.75%), Vitamin B1: 0.04mg (2.35%), Vitamin B2: 0.04mg (2.34%), Vitamin B5: 0.22mg (2.19%), Zinc: 0.24mg (1.59%), Selenium: 0.87µg (1.24%)