

# Kumquat Champagne Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



225 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 750 ml champagne chilled well
- ☐ 0.3 cup orange liqueur
- ☐ 1.3 cups kumquats thinly sliced
- ☐ 0.3 cup sugar

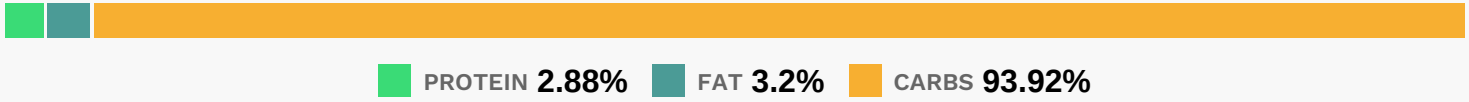
## Equipment

- ☐ bowl
- ☐ sieve

# Directions

- ☐ Using back of large spoon, mash first 3 ingredients in bowl.
- ☐ Let stand 5 minutes. Strain mixture through fine sieve set over bowl, pressing on solids.
- ☐ Pour 2 tablespoons kumquat syrup into each of four 6-ounce Champagne flutes. Fill each with 2/3 cup Champagne.

## Nutrition Facts



## Properties

Glycemic Index:17.52, Glycemic Load:8.73, Inflammation Score:-6, Nutrition Score:3.3152174599793%

## Flavonoids

Naringenin: 20.27mg, Naringenin: 20.27mg, Naringenin: 20.27mg, Naringenin: 20.27mg Apigenin: 7.72mg, Apigenin: 7.72mg, Apigenin: 7.72mg, Apigenin: 7.72mg

## Nutrients (% of daily need)

Calories: 225.42kcal (11.27%), Fat: 0.4g (0.62%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 26.59g (8.86%), Net Carbohydrates: 24.29g (8.83%), Sugar: 24.26g (26.96%), Cholesterol: 0mg (0%), Sodium: 18.32mg (0.8%), Alcohol: 17.08g (100%), Alcohol %: 8.51% (100%), Caffeine: 5.11mg (1.7%), Protein: 0.81g (1.63%), Vitamin C: 15.5mg (18.79%), Fiber: 2.3g (9.18%), Potassium: 236.42mg (6.75%), Magnesium: 26.36mg (6.59%), Iron: 1.07mg (5.94%), Calcium: 39.05mg (3.9%), Phosphorus: 35.94mg (3.59%), Vitamin B2: 0.06mg (3.25%), Copper: 0.06mg (3.14%), Manganese: 0.05mg (2.58%), Vitamin B6: 0.05mg (2.51%), Vitamin A: 102.41IU (2.05%), Folate: 7.87µg (1.97%), Vitamin B3: 0.37mg (1.83%), Zinc: 0.22mg (1.45%)