



La Vie en Rose



Gluten Free



Dairy Free



Low Fod Map

READY IN



2 min.

SERVINGS



1

CALORIES



137 kcal

BEVERAGE

DRINK

Ingredients

- 2 dashes angostura bitters
- 0.5 ounces st. germain
- 1 serving sparkling wine
- 1 serving coarsely sugar cubes

Equipment

Directions

- Place sugar cube in a cocktail glass.
- Add bitters and elderflower liqueur. Top with sparkling wine and garnish with orchid if desired.

Nutrition Facts

PROTEIN 1.12% **FAT 0.08%** **CARBS 98.8%**

Properties

Glycemic Index:70.09, Glycemic Load:0.7, Inflammation Score:-4, Nutrition Score:0.85956522433654%

Nutrients (% of daily need)

Calories: 137.39kcal (6.87%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 9.15g (3.33%), Sugar: 8.41g (9.34%), Cholesterol: 0mg (0%), Sodium: 10.37mg (0.45%), Alcohol: 10.37g (100%), Alcohol %: 7.96% (100%), Protein: 0.1g (0.21%), Potassium: 130.26mg (3.72%), Magnesium: 14.8mg (3.7%), Iron: 0.59mg (3.29%), Phosphorus: 22.2mg (2.22%), Vitamin B6: 0.03mg (1.48%), Calcium: 13.33mg (1.33%)