



Lemon-Thyme Bubbly



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



3 min.

SERVINGS



3

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



750 ml pink champagne



12 inch lemon zest



1 bunch thyme leaves

Equipment

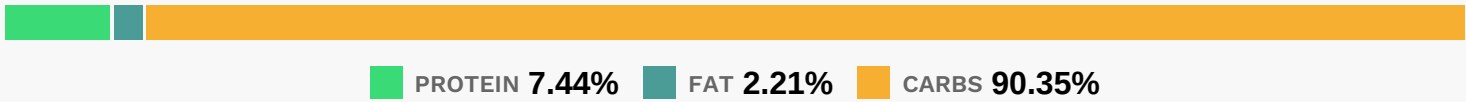
Directions



Twist zest into each of 6 glasses.

Add a thyme sprig. Fill with pink Champagne.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.06, Inflammation Score:-9, Nutrition Score:3.0373912758153%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg

Nutrients (% of daily need)

Calories: 128.32kcal (6.42%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 4.87g (1.62%), Net Carbohydrates: 3.61g (1.31%), Sugar: 3.29g (3.66%), Cholesterol: 0mg (0%), Sodium: 18.19mg (0.79%), Alcohol: 15.96g (100%), Alcohol %: 7.75% (100%), Protein: 0.4g (0.8%), Vitamin C: 15.24mg (18.47%), Iron: 1.31mg (7.29%), Magnesium: 28.6mg (7.15%), Potassium: 243.83mg (6.97%), Fiber: 1.26g (5.05%), Calcium: 41.46mg (4.15%), Phosphorus: 40.04mg (4%), Vitamin B6: 0.07mg (3.6%), Vitamin B2: 0.04mg (2.31%), Copper: 0.04mg (2.21%), Zinc: 0.25mg (1.66%), Vitamin B3: 0.31mg (1.57%), Vitamin A: 68.43IU (1.37%), Manganese: 0.02mg (1.15%), Folate: 4.41µg (1.1%)