

# Mango-Blueberry Champagne Cocktail

 Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



83 kcal

BEVERAGE

DRINK

## Ingredients

- 3 blueberries fresh
- 0.3 cup apricot-mango nectar chilled
- 0.3 cup sparkling wine dry chilled

## Equipment

## Directions

- To make cocktail, pour mango nectar then champagne into champagne flute.

Garnish with blueberries.

## Nutrition Facts

**PROTEIN 1.38%** **FAT 1.11%** **CARBS 97.51%**

### Properties

Glycemic Index:40, Glycemic Load:0.19, Inflammation Score:-6, Nutrition Score:2.3378260913103%

### Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Petunidin: 1.23mg, Petunidin: 1.23mg, Petunidin: 1.23mg, Petunidin: 1.23mg Delphinidin: 1.38mg, Delphinidin: 1.38mg, Delphinidin: 1.38mg, Delphinidin: 1.38mg Malvidin: 2.64mg, Malvidin: 2.64mg, Malvidin: 2.64mg, Malvidin: 2.64mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

### Nutrients (% of daily need)

Calories: 83.44kcal (4.17%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 12.1g (4.4%), Sugar: 11.67g (12.96%), Cholesterol: 0mg (0%), Sodium: 9.73mg (0.42%), Alcohol: 5.03g (100%), Alcohol %: 3.84% (100%), Protein: 0.18g (0.35%), Vitamin C: 13.1mg (15.87%), Vitamin A: 581.08IU (11.62%), Iron: 0.63mg (3.48%), Magnesium: 10.61mg (2.65%), Potassium: 92.31mg (2.64%), Calcium: 21.54mg (2.15%), Manganese: 0.04mg (1.83%), Folate: 6.88µg (1.72%), Vitamin B6: 0.03mg (1.52%), Phosphorus: 13.94mg (1.39%), Fiber: 0.34g (1.38%), Vitamin K: 1.42µg (1.35%), Vitamin E: 0.2mg (1.32%), Copper: 0.02mg (1.17%)