



Mormon Champagne

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



16

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 liter grapefruit soda chilled flavored fresca® (such as)
- 64 fluid ounce grape juice white chilled

Equipment

- bowl

Directions

- Mix together the grapefruit soda and grape juice in a large bowl.

Serve in champagne or punch glasses.

Nutrition Facts

PROTEIN 2.4% **FAT 1.9%** **CARBS 95.7%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.5891304203997%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Petunidin: 1.21mg, Petunidin: 1.21mg, Petunidin: 1.21mg, Petunidin: 1.21mg Delphinidin: 2.27mg, Delphinidin: 2.27mg, Delphinidin: 2.27mg, Delphinidin: 2.27mg Malvidin: 13.21mg, Malvidin: 13.21mg, Malvidin: 13.21mg, Malvidin: 13.21mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 70.97kcal (3.55%), Fat: 0.15g (0.24%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 17.47g (5.82%), Net Carbohydrates: 17.23g (6.27%), Sugar: 16.8g (18.66%), Cholesterol: 0mg (0%), Sodium: 32.16mg (1.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Manganese: 0.28mg (14.2%), Potassium: 125.51mg (3.59%), Magnesium: 13.08mg (3.27%), Calcium: 19.26mg (1.93%), Vitamin B6: 0.04mg (1.89%), Iron: 0.31mg (1.71%), Phosphorus: 16.56mg (1.66%), Copper: 0.03mg (1.44%), Zinc: 0.21mg (1.39%), Vitamin B1: 0.02mg (1.34%), Vitamin B2: 0.02mg (1.04%)