



Pisco 75



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

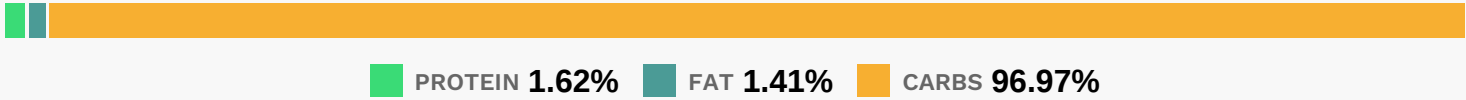
- ☐ 2 servings blackberries fresh for garnish
- ☐ 2 tablespoons blackberries
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons simple syrup glaze
- ☐ 4 tbsp sparkling wine chilled
- ☐ 6 tablespoons frangelico
- ☐ 6 tablespoons frangelico

Equipment

Directions

- ☐ Shake pisco, lemon juice, simple syrup, and ice in a cocktail shaker. Strain into 2 flutes.
- ☐ Drizzle 1 tbsp. blackberry liqueur down inside of each flute, then pour in each flute 2 to 3 tbsp. chilled sparkling wine over the back of a spoon.
- ☐ Garnish with blackberries.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:2.0700000174668%

Flavonoids

Cyanidin: 15.78mg, Cyanidin: 15.78mg, Cyanidin: 15.78mg, Cyanidin: 15.78mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 5.85mg, Catechin: 5.85mg, Catechin: 5.85mg, Catechin: 5.85mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 78.59kcal (3.93%), Fat: 0.11g (0.17%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 17.53g (5.84%), Net Carbohydrates: 16.65g (6.05%), Sugar: 16.13g (17.93%), Cholesterol: 0mg (0%), Sodium: 14.01mg (0.61%), Alcohol: 1.92g (100%), Alcohol %: 3.01% (100%), Protein: 0.29g (0.59%), Vitamin C: 9.12mg (11.05%), Iron: 0.95mg (5.28%), Manganese: 0.1mg (5.19%), Fiber: 0.88g (3.53%), Vitamin K: 3.13µg (2.98%), Potassium: 80.02mg (2.29%), Magnesium: 9.06mg (2.26%), Vitamin B1: 0.03mg (2.18%), Folate: 7.25µg (1.81%), Copper: 0.04mg (1.79%), Vitamin E: 0.21mg (1.38%), Vitamin B2: 0.02mg (1.26%), Phosphorus: 10.77mg (1.08%), Calcium: 10.78mg (1.08%), Zinc: 0.15mg (1.02%)