

Pomegranate Champagne Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



78 kcal

BEVERAGE

DRINK

Ingredients

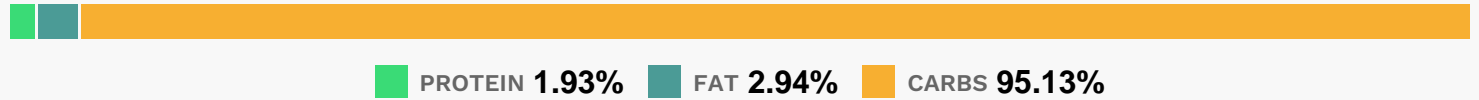
- 2 tablespoons pomegranate juice
- 0.5 cup sparkling wine chilled
- 1 turbinado sugar cube

Equipment

Directions

- Place sugar cube in a Champagne flute; add 2 tablespoons pomegranate juice and 1/2 cup Champagne.
- Serve immediately.
- *1 rock candy stirrer or granulated sugar cube may be substituted.
- **2 tablespoons cranberry juice cocktail may be substituted. Omit sugar cube.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:1.257826084676%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 77.78kcal (3.89%), Fat: 0.09g (0.13%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 6.25g (2.08%), Net Carbohydrates: 6.22g (2.26%), Sugar: 6.08g (6.75%), Cholesterol: 0mg (0%), Sodium: 10.95mg (0.48%), Alcohol: 7.55g (100%), Alcohol %: 6.44% (100%), Protein: 0.13g (0.25%), Potassium: 167.42mg (4.78%), Magnesium: 13.89mg (3.47%), Vitamin K: 3.08µg (2.93%), Iron: 0.51mg (2.81%), Phosphorus: 20.96mg (2.1%), Folate: 8.28µg (2.07%), Vitamin B6: 0.04mg (1.77%), Manganese: 0.03mg (1.43%), Calcium: 13.99mg (1.4%)