



Pomegranate Champagne Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



5 min.

SERVINGS



1

CALORIES



91 kcal

BEVERAGE

DRINK

Ingredients

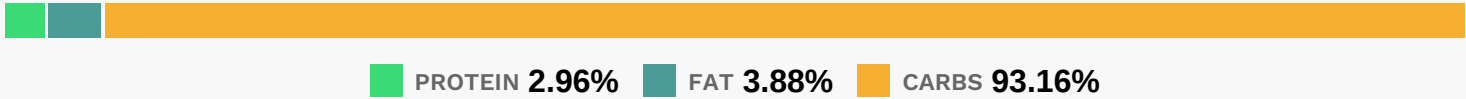
- ☐ 0.5 tsp juice of lime sweetened
- ☐ 2 tbsp pomegranate juice 100% chilled pure
- ☐ 0.5 tsp pomegranate seeds
- ☐ 1 serving sparkling wine chilled
- ☐ 1 tbsp frangelico
- ☐ 1 tbsp frangelico

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Pomegranate Champagne Cocktail
- ☐ Ingredients2 tbsp pure 100% pomegranate juice, chilled1 tbsp Cointreau1/2 tsp pomegranate seeds1/2 tsp sweetened lime juice
- ☐ Champagne or sparkling wine, chilled
- ☐ Total Time: 5 Minutes
- ☐ Servings: 1 champagne cocktail
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:0.24, Inflammation Score:-4, Nutrition Score:1.6100000232944%

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 Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 91.15kcal (4.56%), Fat: 0.12g (0.18%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 6.28g (2.09%), Net Carbohydrates: 6.14g (2.23%), Sugar: 5.81g (6.45%), Cholesterol: 0mg (0%), Sodium: 13.14mg (0.57%), Alcohol: 9.47g (100%), Alcohol %: 6.58% (100%), Protein: 0.2g (0.4%), Potassium: 202.24mg (5.78%), Magnesium: 17.36mg (4.34%), Iron: 0.63mg (3.51%), Vitamin K: 3.49µg (3.33%), Phosphorus: 26.69mg (2.67%), Folate: 9.76µg (2.44%), Vitamin B6: 0.04mg (2.21%), Calcium: 17.17mg (1.72%), Manganese: 0.03mg (1.57%), Copper: 0.03mg (1.35%), Vitamin C: 1.03mg (1.25%), Vitamin B2: 0.02mg (1.23%), Vitamin B3: 0.23mg (1.14%), Zinc: 0.16mg (1.04%)