

Pomegranate Fizz



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



4 min.

SERVINGS



4

CALORIES



59 kcal

Ingredients

- 1 tablespoon juice of lime fresh
- 0.7 cup pomegranate juice chilled
- 1.3 cups sparkling wine chilled (such as Gruet)

Equipment

Directions

- Combine first 3 ingredients.
- Garnish with lime wedges, if desired.

Nutrition Facts

PROTEIN 1.85% FAT 3.94% CARBS 94.21%

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:1.327826090157%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 59.49kcal (2.97%), Fat: 0.12g (0.19%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 6.62g (2.21%), Net Carbohydrates: 6.56g (2.38%), Sugar: 6.14g (6.82%), Cholesterol: 0mg (0%), Sodium: 8.97mg (0.39%), Alcohol: 4.72g (100%), Alcohol %: 5.03% (100%), Protein: 0.13g (0.26%), Potassium: 158.1mg (4.52%), Vitamin K: 4.34µg (4.13%), Folate: 11.07µg (2.77%), Magnesium: 10.58mg (2.64%), Manganese: 0.04mg (2.01%), Iron: 0.34mg (1.89%), Vitamin B6: 0.03mg (1.64%), Phosphorus: 16.15mg (1.62%), Vitamin C: 1.17mg (1.41%), Vitamin B5: 0.12mg (1.23%), Calcium: 11.73mg (1.17%), Vitamin E: 0.17mg (1.11%)