

Pomegranate Fizz



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



4 min.

SERVINGS



4

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 tablespoon juice of lime fresh



0.7 cup pomegranate juice chilled



1.3 cups sparkling wine chilled (such as Gruet)

Equipment

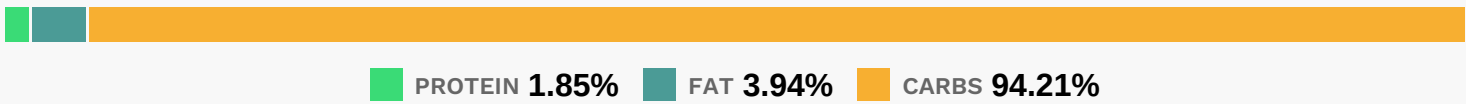
Directions



Combine first 3 ingredients.

Garnish with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, 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%)