



Pomegranate Fizzies

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



7

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 750 ml sparkling apple juice cold
- 0.7 cup pomegranate juice unsweetened cold
- 2.5 tbsp pomegranate seeds

Equipment

Directions

- Fill wine flutes three-quarters full with sparkling wine.

Add a generous splash of pomegranate juice to each, and drop in 1 tsp. pomegranate seeds.

Nutrition Facts



Properties

Glycemic Index:9.57, Glycemic Load:0.53, Inflammation Score:-3, Nutrition Score:1.3273912992166%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 69.62kcal (3.48%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 5.12g (1.86%), Sugar: 4.95g (5.5%), Cholesterol: 0mg (0%), Sodium: 9.78mg (0.43%), Alcohol: 6.84g (100%), Alcohol %: 6.38% (100%), Protein: 0.2g (0.4%), Potassium: 157.44mg (4.5%), Magnesium: 12.99mg (3.25%), Vitamin K: 3.34µg (3.19%), Iron: 0.47mg (2.6%), Folate: 8.8µg (2.2%), Phosphorus: 20.57mg (2.06%), Vitamin B6: 0.03mg (1.74%), Manganese: 0.03mg (1.45%), Calcium: 12.76mg (1.28%), Copper: 0.03mg (1.26%)