

Pomegranate-Ginger Champagne Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



150 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 750 ml champagne chilled well
- ☐ 1.3 inch ginger fresh
- ☐ 4 tablespoons orange juice fresh
- ☐ 1 cup pomegranate juice
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon orange liqueur

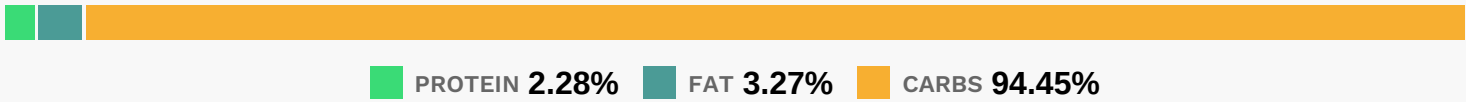
Equipment

- ☐ sauce pan

Directions

- ☐
- Boil first 3 ingredients in heavy small saucepan until syrup is reduced to 1/3 cup, stirring often, about 10 minutes. Cool.
- ☐
- Pour 4 teaspoons pomegranate syrup, 1 tablespoon orange juice, and 1/4 teaspoon Cointreau into each of four 6-ounce Champagne flutes. Fill each with 2/3 cup Champagne.

Nutrition Facts



Properties

Glycemic Index:34.27, Glycemic Load:3.05, Inflammation Score:-6, Nutrition Score:3.1395652138669%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 150.06kcal (7.5%), Fat: 0.24g (0.38%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 15.89g (5.3%), Net Carbohydrates: 15.75g (5.73%), Sugar: 14.86g (16.51%), Cholesterol: 0mg (0%), Sodium: 19.28mg (0.84%), Alcohol: 12.3g (100%), Alcohol %: 5.71% (100%), Protein: 0.38g (0.77%), Vitamin C: 8.67mg (10.51%), Potassium: 341.32mg (9.75%), Magnesium: 25.91mg (6.48%), Vitamin K: 6.49µg (6.18%), Folate: 22.15µg (5.54%), Iron: 0.86mg (4.78%), Phosphorus: 38.61mg (3.86%), Vitamin B6: 0.07mg (3.63%), Manganese: 0.07mg (3.34%), Calcium: 25.94mg (2.59%), Copper: 0.05mg (2.34%), Vitamin B5: 0.21mg (2.14%), Vitamin B3: 0.42mg (2.09%), Vitamin B2: 0.03mg (2.04%), Vitamin B1: 0.03mg (1.68%), Vitamin E: 0.25mg (1.66%), Zinc: 0.22mg (1.48%)