

Pomegranate-Ginger Prosecco Cocktails



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



25 min.

SERVINGS



2

CALORIES



563 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 slice ginger fresh
- ☐ 2 tablespoons ginger fresh finely chopped
- ☐ 2 oz hendrick's gin
- ☐ 0.5 teaspoon ginger finely chopped
- ☐ 2 servings ice cubes
- ☐ 2 oz pomegranate juice
- ☐ 1 tablespoon pomegranate seeds
- ☐ 1 oz simple syrup glaze (above)

- ☐ 1 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 1 cup water
- ☐ 2 oz frangelico
- ☐ 2 oz frangelico

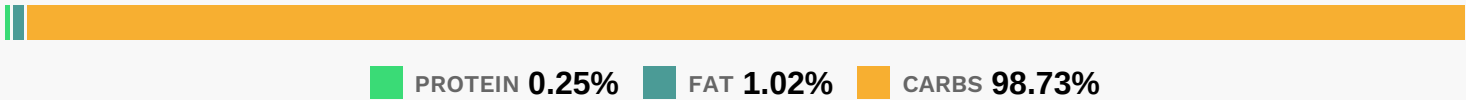
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In small bowl, stir together 2 tablespoons sugar and 1/2 teaspoon finely gingerroot.
- ☐ Place mixture on small flat plate. Rub fresh gingerroot slice around rims of 2 martini glasses to moisten. Dip moistened rims of glasses in ginger sugar mixture.
- ☐ In 1-quart saucepan, heat ginger simple syrup ingredients over low heat until sugar is dissolved.
- ☐ Let stand 15 minutes. Use within 2 days.
- ☐ Fill martini shaker with ice.
- ☐ Add gin, pomegranate juice, and 1 oz of the ginger simple syrup; place lid on shaker, and shake until cold and blended.
- ☐ Pour into prepared martini glasses; add prosecco.
- ☐ Garnish with pomegranate seeds.

Nutrition Facts



Properties

Glycemic Index:133.59, Glycemic Load:79.13, Inflammation Score:-1, Nutrition Score:1.7991304345753%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 563.15kcal (28.16%), Fat: 0.59g (0.91%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 128.55g (42.85%), Net Carbohydrates: 128.05g (46.56%), Sugar: 126.9g (141%), Cholesterol: 0mg (0%), Sodium: 22.22mg (0.97%), Alcohol: 9.47g (100%), Alcohol %: 3.22% (100%), Protein: 0.32g (0.64%), Copper: 0.08mg (4.08%), Vitamin K: 4.19µg (3.99%), Iron: 0.68mg (3.77%), Potassium: 125.38mg (3.58%), Manganese: 0.06mg (3.25%), Folate: 10.59µg (2.65%), Vitamin B2: 0.04mg (2.47%), Magnesium: 9.7mg (2.42%), Vitamin B1: 0.03mg (2.1%), Fiber: 0.5g (1.99%), Vitamin B6: 0.03mg (1.54%), Vitamin C: 1.22mg (1.48%), Selenium: 0.95µg (1.36%), Calcium: 13.42mg (1.34%), Vitamin B5: 0.13mg (1.26%), Vitamin E: 0.17mg (1.17%), Phosphorus: 10.98mg (1.1%)