



## Pomegranate Mimosas

 **Gluten Free**  **Dairy Free**

READY IN



**5 min.**

SERVINGS



**8**

CALORIES



**148 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 750 ml champagne
- 1 cup orange juice fresh chilled
- 0.5 cup pear liqueur orange-flavored (preferably Cointreau)
- 2 cups pomegranate juice chilled

### Equipment

### Directions

Combine juices and liqueur in a large pitcher. Slowly add sparkling wine and stir.

## Nutrition Facts

**PROTEIN 1.96%** **FAT 2.84%** **CARBS 95.2%**

### Properties

Glycemic Index:6.5, Glycemic Load:1.64, Inflammation Score:-4, Nutrition Score:3.1256521810656%

### 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: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

### Nutrients (% of daily need)

Calories: 147.78kcal (7.39%), Fat: 0.24g (0.37%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 18.16g (6.6%), Sugar: 17.28g (19.2%), Cholesterol: 0mg (0%), Sodium: 12.46mg (0.54%), Alcohol: 11.95g (100%), Alcohol %: 7.52% (100%), Protein: 0.38g (0.75%), Vitamin C: 15.56mg (18.86%), Potassium: 277.51mg (7.93%), Folate: 25.18µg (6.29%), Vitamin K: 6.51µg (6.2%), Magnesium: 17.12mg (4.28%), Manganese: 0.06mg (3.17%), Vitamin B6: 0.06mg (2.8%), Iron: 0.5mg (2.77%), Phosphorus: 26.15mg (2.61%), Vitamin B1: 0.04mg (2.48%), Vitamin B5: 0.24mg (2.36%), Calcium: 18.67mg (1.87%), Copper: 0.04mg (1.85%), Vitamin B3: 0.36mg (1.81%), Vitamin E: 0.25mg (1.66%), Vitamin B2: 0.03mg (1.65%), Vitamin A: 62IU (1.24%)