



Pomegranate Passion Float



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



66 kcal

Ingredients

- ☐ 1 serving passion fruit sorbet
- ☐ 1 ounce pomegranate liqueur
- ☐ 3 ounces sparkling wine

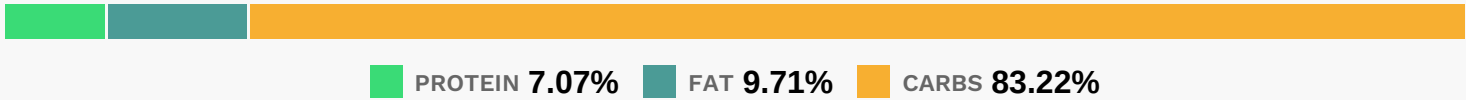
Equipment

Directions

- ☐ Pour pomegranate liqueur into a Champagne flute.
- ☐ Add sparkling wine, leaving at least 1 inch at top of the glass.

- ☐
- Add a small scoop of passion fruit sorbet.
- ☐
- Reprinted with permission from The Bubbly Bar (Clarkson Potter, 200
- ☐
- by Maria C. Hunt.

Nutrition Facts



Properties

Glycemic Index:97, Glycemic Load:2.83, Inflammation Score:-3, Nutrition Score:1.8843478119892%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 66.17kcal (3.31%), Fat: 0.34g (0.52%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 6.53g (2.18%), Net Carbohydrates: 5.29g (1.92%), Sugar: 4.97g (5.53%), Cholesterol: 0mg (0%), Sodium: 7.08mg (0.31%), Alcohol: 5.44g (100%), Alcohol %: 6.03% (100%), Protein: 0.56g (1.11%), Fiber: 1.24g (4.95%), Vitamin K: 4.66µg (4.43%), Potassium: 145.23mg (4.15%), Vitamin C: 3.19mg (3.87%), Magnesium: 12.2mg (3.05%), Folate: 11.76µg (2.94%), Copper: 0.05mg (2.75%), Iron: 0.44mg (2.45%), Phosphorus: 23.64mg (2.36%), Vitamin B6: 0.04mg (1.96%), Manganese: 0.03mg (1.69%), Vitamin B2: 0.02mg (1.46%), Vitamin B1: 0.02mg (1.27%), Vitamin E: 0.17mg (1.14%), Zinc: 0.17mg (1.12%), Vitamin B5: 0.11mg (1.07%), Calcium: 10.61mg (1.06%)