



Pomegranate Prosecco



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



8

CALORIES



112 kcal

SIDE DISH

Ingredients

- ☐ 1 cup pomegranate liqueur
- ☐ 8 servings garnish: pomegranate seeds
- ☐ 8 coarsely sugar cubes
- ☐ 1500 milliliter prosecco
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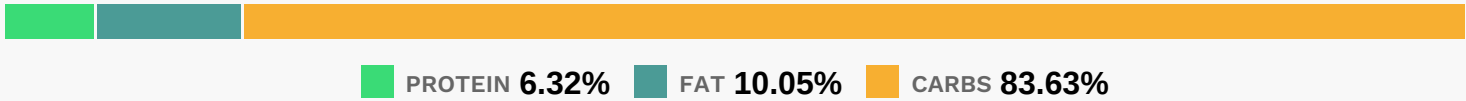
Equipment

Directions

- ☐
- Put 1 sugar cube in each of 8 Champagne flutes; add 2 tablespoons pomegranate liqueur to each glass. Fill glasses with Prosecco (about 3/4 cup each).

☐

Nutrition Facts



Properties

Glycemic Index:25.51, Glycemic Load:14.27, Inflammation Score:-2, Nutrition Score:5.4256520996923%

Flavonoids

Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Gallocatechin: 0.2mg, Gallocatechin: 0.2mg, Gallocatechin: 0.2mg, Gallocatechin: 0.2mg

Nutrients (% of daily need)

Calories: 112.16kcal (5.61%), Fat: 1.38g (2.12%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 25.78g (8.59%), Net Carbohydrates: 21.12g (7.68%), Sugar: 19.96g (22.18%), Cholesterol: 0mg (0%), Sodium: 3.54mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.89%), Fiber: 4.66g (18.65%), Vitamin K: 19.12µg (18.21%), Vitamin C: 11.89mg (14.41%), Folate: 44.3µg (11.07%), Copper: 0.18mg (9.22%), Potassium: 275.19mg (7.86%), Manganese: 0.14mg (6.94%), Vitamin B1: 0.08mg (5.21%), Vitamin E: 0.7mg (4.66%), Vitamin B5: 0.44mg (4.39%), Vitamin B6: 0.09mg (4.37%), Phosphorus: 41.97mg (4.2%), Vitamin B2: 0.06mg (3.68%), Magnesium: 13.99mg (3.5%), Zinc: 0.41mg (2.72%), Iron: 0.35mg (1.95%), Vitamin B3: 0.34mg (1.71%), Calcium: 11.7mg (1.17%)