



Prosecco + St-Germain Sparkling Parisian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



179 kcal

SIDE DISH

Ingredients

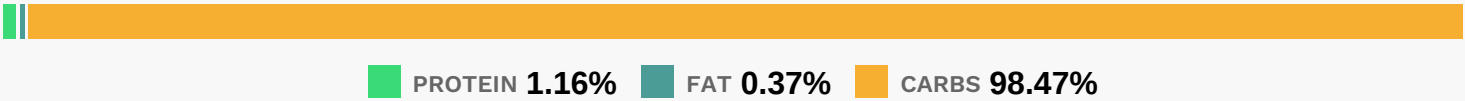
- ☐ 1 ounce cherry juice chilled
- ☐ 1 tablespoon orange juice fresh
- ☐ 1 strip orange zest
- ☐ 1.5 ounces st. germain
- ☐ 2 ounces frangelico chilled
- ☐ 2 ounces frangelico chilled

Equipment

Directions

- ☐
- Pour St-Germain liqueur, chilled pomegranate-cherry juice, and fresh orange juice into a chilled glass; top with chilled prosecco.
- ☐
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:0.9, Inflammation Score:-2, Nutrition Score:1.13000000153158%

Flavonoids

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, Naringenin: 0.36mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 179.4kcal (8.97%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.03%), Carbohydrates: 22.55g (7.52%), Net Carbohydrates: 22.3g (8.11%), Sugar: 20.61g (22.9%), Cholesterol: 0mg (0%), Sodium: 2.58mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.53%), Vitamin C: 11.22mg (13.6%), Potassium: 86.66mg (2.48%), Folate: 5.7µg (1.42%), Iron: 0.22mg (1.22%), Vitamin B1: 0.02mg (1.18%)