



Raspberry and Lime Brunch Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



40 min.

SERVINGS



3

CALORIES



567 kcal

BEVERAGE

DRINK

Ingredients

- 1 bottle champagne chilled
- 0.3 cup juice of lime
- 2 sprigs mint leaves washed stemmed
- 3 pints raspberries fresh divided
- 0.8 cup caster sugar divided
- 1 cup water

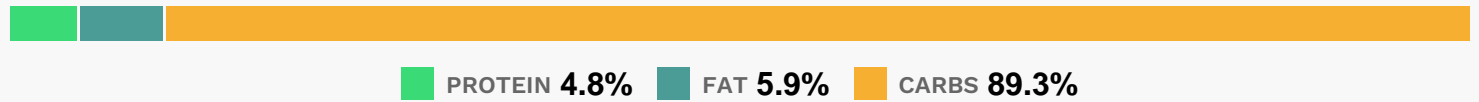
Equipment

- pot

Directions

- In a small pot, bring the water to a boil over medium heat, and add 1/2 cup of the sugar. Shut off the heat, add the mint leaves and set aside to cool. Once you can smell the mint, after about 2 to 3 minutes, strain and set aside. Discard mint leaves.
- In a large pitcher, combine and muddle 2 pints raspberries with 1/4 cup of the sugar and the lime juice. Stir to blend with a spoon, crushing the raspberries
- Add the mint simple syrup and refrigerate.
- When ready to serve, remove the pitcher from the refrigerator. Top off with Champagne and pour into champagne flutes.
- Garnish with remaining raspberries and serve.

Nutrition Facts



Properties

Glycemic Index:32.03, Glycemic Load:41.55, Inflammation Score:-9, Nutrition Score:27.054782629013%

Flavonoids

Cyanidin: 216.57mg, Cyanidin: 216.57mg, Cyanidin: 216.57mg, Cyanidin: 216.57mg Petunidin: 1.47mg, Petunidin: 1.47mg, Petunidin: 1.47mg, Petunidin: 1.47mg Delphinidin: 6.25mg, Delphinidin: 6.25mg, Delphinidin: 6.25mg, Delphinidin: 6.25mg Malvidin: 0.62mg, Malvidin: 0.62mg, Malvidin: 0.62mg, Malvidin: 0.62mg Pelargonidin: 4.64mg, Pelargonidin: 4.64mg, Pelargonidin: 4.64mg, Pelargonidin: 4.64mg Peonidin: 0.57mg, Peonidin: 0.57mg, Peonidin: 0.57mg, Peonidin: 0.57mg Catechin: 6.2mg, Catechin: 6.2mg, Catechin: 6.2mg, Catechin: 6.2mg Epigallocatechin: 2.18mg, Epigallocatechin: 2.18mg, Epigallocatechin: 2.18mg, Epigallocatechin: 2.18mg Epicatechin: 16.66mg, Epicatechin: 16.66mg, Epicatechin: 16.66mg, Epicatechin: 16.66mg Epigallocatechin 3-gallate: 2.56mg, Epigallocatechin 3-gallate: 2.56mg, Epigallocatechin 3-gallate: 2.56mg, Epigallocatechin 3-gallate: 2.56mg Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 566.56kcal (28.33%), Fat: 3.26g (5.01%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 110.83g (36.94%), Net Carbohydrates: 79.94g (29.07%), Sugar: 74.03g (82.26%), Cholesterol: 0mg (0%), Sodium: 27.28mg (1.19%),

Alcohol: 16g (100%), Alcohol %: 2.32% (100%), Protein: 5.96g (11.93%), Manganese: 3.18mg (159.19%), Vitamin C: 130.23mg (157.86%), Fiber: 30.89g (123.56%), Vitamin K: 37.03µg (35.27%), Magnesium: 132.03mg (33.01%), Vitamin E: 4.16mg (27.74%), Potassium: 962.88mg (27.51%), Folate: 104.64µg (26.16%), Iron: 4.34mg (24.12%), Copper: 0.48mg (23.86%), Phosphorus: 178.03mg (17.8%), Vitamin B6: 0.32mg (15.94%), Vitamin B5: 1.58mg (15.84%), Vitamin B3: 3.12mg (15.6%), Zinc: 2.22mg (14.83%), Calcium: 148.1mg (14.81%), Vitamin B2: 0.22mg (12.89%), Vitamin B1: 0.16mg (10.47%), Vitamin A: 194.55IU (3.89%), Selenium: 1.77µg (2.52%)