



Raspberry Sparkler



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



64 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 750 milliliter brut champagne chilled
- ☐ 6 slices lime thin
- ☐ 1 tablespoon juice of lime fresh

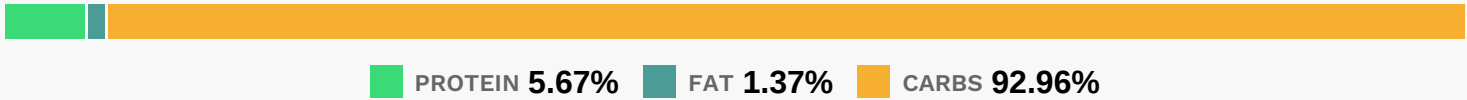
Equipment

Directions

- ☐ Combine cran-raspberry juice and lime juice in a pitcher; stir well.

- ☐
- Pour 1/2 cup juice mixture into each of 6 champagne glasses; top with chilled champagne.
- ☐
- Garnish with lime slices.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:1.0260869624174%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.23mg, Hesperetin: 3.23mg, Hesperetin: 3.23mg, Hesperetin: 3.23mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 63.82kcal (3.19%), Fat: 0.02g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 2.4g (0.8%), Net Carbohydrates: 2.2g (0.8%), Sugar: 1.59g (1.77%), Cholesterol: 0mg (0%), Sodium: 8.92mg (0.39%), Alcohol: 7.98g (100%), Alcohol %: 7.54% (100%), Protein: 0.15g (0.29%), Potassium: 119.79mg (3.42%), Vitamin C: 2.79mg (3.38%), Magnesium: 13.09mg (3.27%), Iron: 0.54mg (3.02%), Phosphorus: 20.31mg (2.03%), Vitamin B6: 0.03mg (1.44%), Calcium: 13.88mg (1.39%)