



Raspberry Wine Zinger



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



225 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 oz raspberry lambic beer
- ☐ 1 liter club soda chilled
- ☐ 750 milliliter cooking wine dry white
- ☐ 1 cup raspberries frozen
- ☐ 0.8 cup simple syrup glaze
- ☐ 1 pt raspberry sorbet

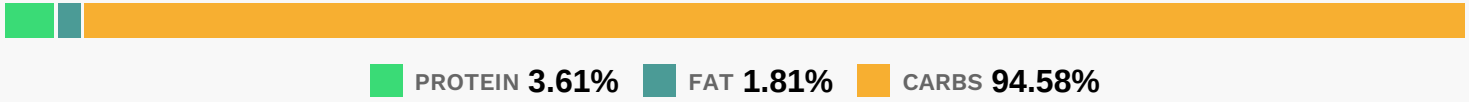
Equipment

- ☐ bowl

Directions

- ☐ Stir together wine, beer, chilled club soda, and simple syrup in a large punch bowl. Scoop raspberry sorbet into wine mixture.
- ☐ Add frozen raspberries.
- ☐ Note: We tested with Stirrings Simple Syrup and Lindemans Framboise Lambic Beer.

Nutrition Facts



Properties

Glycemic Index:8.15, Glycemic Load:1.44, Inflammation Score:-4, Nutrition Score:2.6199999736703%

Flavonoids

Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 224.55kcal (11.23%), Fat: 0.31g (0.48%), Saturated Fat: 0g (0.01%), Carbohydrates: 36.94g (12.31%), Net Carbohydrates: 35.26g (12.82%), Sugar: 28.75g (31.95%), Cholesterol: 0mg (0%), Sodium: 74.01mg (3.22%), Alcohol: 10.49g (100%), Alcohol %: 4.04% (100%), Protein: 1.41g (2.82%), Manganese: 0.18mg (8.79%), Iron: 1.22mg (6.79%), Fiber: 1.68g (6.72%), Magnesium: 17.86mg (4.46%), Vitamin C: 3.14mg (3.81%), Vitamin B6: 0.08mg (3.8%), Potassium: 108.43mg (3.1%), Vitamin B1: 0.04mg (2.93%), Phosphorus: 28.72mg (2.87%), Vitamin B2: 0.05mg (2.83%), Vitamin B3: 0.53mg (2.64%), Calcium: 20.85mg (2.09%), Zinc: 0.3mg (1.98%), Folate: 7.36µg (1.84%), Copper: 0.03mg (1.42%), Vitamin K: 1.24µg (1.18%), Vitamin B5: 0.1mg (1.02%)