



Rose-scented strawberry cocktails



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



296 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 100 g strawberries hulled halved
- ☐ 50 g sugar
- ☐ 2 tbsp rosewater
- ☐ 1 bottle champagne chilled

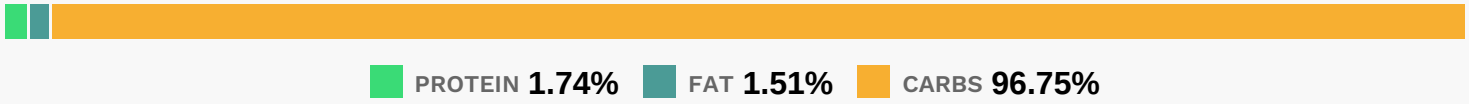
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Blitz the strawberries with the sugar and rosewater in a blender or small food processor to form a pure.
- ☐ Add a spoon or two to each glass, then top up with your choice of chilled bubbly.

Nutrition Facts



Properties

Glycemic Index:55.05, Glycemic Load:18.59, Inflammation Score:-8, Nutrition Score:5.144782581731%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Pelargonidin: 12.43mg, Pelargonidin: 12.43mg, Pelargonidin: 12.43mg, Pelargonidin: 12.43mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 296kcal (14.8%), Fat: 0.23g (0.35%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 33.13g (11.04%), Net Carbohydrates: 32.13g (11.68%), Sugar: 31.71g (35.23%), Cholesterol: 0mg (0%), Sodium: 27mg (1.17%), Alcohol: 24g (100%), Alcohol %: 6.54% (100%), Protein: 0.6g (1.19%), Vitamin C: 29.4mg (35.64%), Potassium: 407mg (11.63%), Magnesium: 44mg (11%), Manganese: 0.19mg (9.7%), Iron: 1.72mg (9.54%), Phosphorus: 68.25mg (6.82%), Vitamin B6: 0.1mg (4.92%), Calcium: 42mg (4.2%), Fiber: 1g (4%), Folate: 15.75µg (3.94%), Copper: 0.07mg (3.35%), Vitamin B2: 0.05mg (3.13%), Vitamin B3: 0.57mg (2.84%), Zinc: 0.37mg (2.48%), Selenium: 1.1µg (1.57%), Vitamin K: 1.1µg (1.05%)