

Royal Blush



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 mint leaves fresh
- ☐ 1 cup ice cubes
- ☐ 0.8 ounce juice of lime fresh
- ☐ 2 ounces sparkling wine dry such as brut champagne, chilled
- ☐ 1.5 ounces vodka

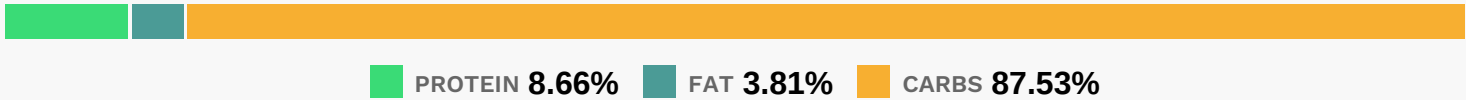
Equipment

- ☐ bowl

Directions

- ☐ In a bowl, purée frozen cherries or all-fruit spread with water. In general: 1 cup of frozen cherries (6 ounces) puréed with 2 tablespoons of water makes approximately 3/4 cup purée. To make purée using all-fruit spread, combine 3/4 cup spread with 3/4 cup water. Any extra can be used to make smoothies or sauce for ice cream.
- ☐ Transfer purée to chilled martini glass. In chilled cocktail shaker, combine vodka, lime juice, and simple syrup. Tear mint leaves in half and add to shaker.
- ☐ Add ice and shake vigorously for 15 seconds. Slowly strain into martini glass without disturbing purée, then top with sparkling wine and serve.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:1.9504347829067%

Flavonoids

Eriodictyol: 2.01mg, Eriodictyol: 2.01mg, Eriodictyol: 2.01mg, Eriodictyol: 2.01mg Hesperetin: 2.42mg, Hesperetin: 2.42mg, Hesperetin: 2.42mg, Hesperetin: 2.42mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 134.83kcal (6.74%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.71g (0.99%), Sugar: 1.01g (1.12%), Cholesterol: 0mg (0%), Sodium: 18.2mg (0.79%), Alcohol: 17.83g (100%), Alcohol %: 6.24% (100%), Protein: 0.32g (0.63%), Vitamin C: 7.97mg (9.66%), Vitamin A: 223.03IU (4.46%), Copper: 0.07mg (3.53%), Magnesium: 13.74mg (3.43%), Manganese: 0.06mg (3.13%), Potassium: 103.65mg (2.96%), Iron: 0.5mg (2.8%), Calcium: 27.33mg (2.73%), Folate: 8.39µg (2.1%), Fiber: 0.49g (1.94%), Phosphorus: 17.26mg (1.73%), Vitamin B2: 0.03mg (1.48%), Vitamin B6: 0.03mg (1.29%)