

Ruby Champagne Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



194 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 750 ml champagne chilled well
- ☐ 2 grapefruit red
- ☐ 0.3 cup sugar

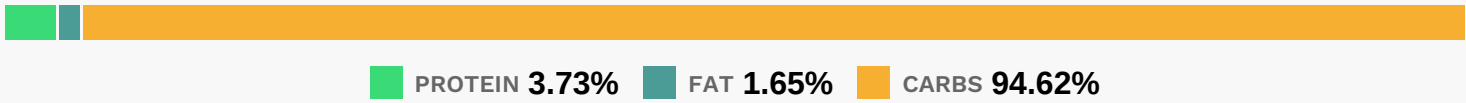
Equipment

- ☐ bowl
- ☐ peeler

Directions

- ☐ Using vegetable peeler, remove peel from 1 grapefruit; place in bowl.
- ☐ Cut both grapefruits in half; squeeze enough juice to measure 3/4 cup.
- ☐ Mix juice and sugar in bowl with peel.
- ☐ Let stand 5 minutes. Strain into small bowl, pressing on solids.
- ☐ Pour 2 tablespoons syrup into each of four 6-ounce flutes. Fill each with 2/3 cup Champagne.

Nutrition Facts



Properties

Glycemic Index:23.77, Glycemic Load:11.64, Inflammation Score:-9, Nutrition Score:6.4534782715466%

Flavonoids

Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 41.78mg, Naringenin: 41.78mg, Naringenin: 41.78mg, Naringenin: 41.78mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 193.53kcal (9.68%), Fat: 0.22g (0.34%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 28.33g (9.44%), Net Carbohydrates: 26.29g (9.56%), Sugar: 23.45g (26.05%), Cholesterol: 0mg (0%), Sodium: 13.22mg (0.57%), Alcohol: 11.97g (100%), Alcohol %: 4.63% (100%), Protein: 1.12g (2.23%), Vitamin C: 39.94mg (48.41%), Vitamin A: 1472IU (29.44%), Potassium: 337.64mg (9.65%), Fiber: 2.05g (8.19%), Magnesium: 30.22mg (7.56%), Vitamin B6: 0.11mg (5.26%), Phosphorus: 51.1mg (5.11%), Iron: 0.86mg (4.76%), Folate: 18.51µg (4.63%), Calcium: 45.12mg (4.51%), Vitamin B1: 0.05mg (3.67%), Vitamin B2: 0.06mg (3.57%), Vitamin B5: 0.34mg (3.35%), Copper: 0.06mg (3.12%), Vitamin B3: 0.45mg (2.24%), Zinc: 0.24mg (1.6%), Manganese: 0.03mg (1.43%), Vitamin E: 0.17mg (1.11%)