

Ruby Port Sparklers

 Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



271 kcal

BEVERAGE

DRINK

Ingredients

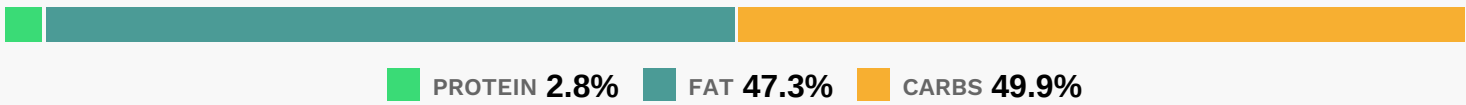
- ☐ 2 tablespoons chocolate liqueur such as godiva
- ☐ 1 strip lemon zest thin
- ☐ 2 tablespoons ruby port
- ☐ 1 serving sparkling wine

Equipment

Directions

- ☐
- Put liqueur and port into a Champagne flute. Top with sparkling wine.
- ☐
- Garnish with a lemon-zest strip.

Nutrition Facts



Properties

Glycemic Index:42.6, Glycemic Load:6.92, Inflammation Score:-6, Nutrition Score:3.7830435123457%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 271.4kcal (13.57%), Fat: 10.12g (15.57%), Saturated Fat: 5.94g (37.12%), Carbohydrates: 24.02g (8.01%), Net Carbohydrates: 22.19g (8.07%), Sugar: 19.34g (21.49%), Cholesterol: 0mg (0%), Sodium: 17.91mg (0.78%), Alcohol: 14.06g (100%), Alcohol %: 8.5% (100%), Caffeine: 19.52mg (6.51%), Protein: 1.35g (2.69%), Magnesium: 51.22mg (12.8%), Copper: 0.2mg (10.07%), Manganese: 0.18mg (9.09%), Iron: 1.5mg (8.31%), Fiber: 1.84g (7.35%), Potassium: 246.8mg (7.05%), Phosphorus: 68.61mg (6.86%), Vitamin B2: 0.09mg (5.46%), Zinc: 0.59mg (3.92%), Vitamin C: 2.58mg (3.13%), Calcium: 25.5mg (2.55%), Vitamin B6: 0.05mg (2.29%), Vitamin B3: 0.42mg (2.09%), Selenium: 1.29µg (1.84%), Vitamin K: 1.86µg (1.77%)