

Siren's Song



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



3 ounces champagne



1 ounce prepare as



0.5 ounce raspberries



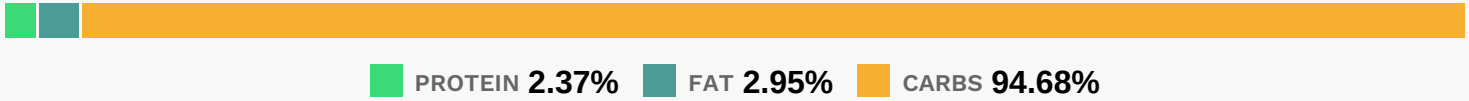
0.5 ounce raspberry liqueur

Equipment

Directions

- ☐
- Combine all of the ingredients in a cocktail shaker with ice and stir for 5 to 10 seconds. Strain into a champagne flute.
- ☐
- Reprinted with permission from 101 Champagne Cocktails by Kim Haasarud, © 2008 John Wiley & Sons, Inc.

Nutrition Facts



Properties

Glycemic Index:89, Glycemic Load:1.76, Inflammation Score:-3, Nutrition Score:1.5121739234613%

Flavonoids

Cyanidin: 6.49mg, Cyanidin: 6.49mg, Cyanidin: 6.49mg, Cyanidin: 6.49mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 102.34kcal (5.12%), Fat: 0.13g (0.21%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 9.73g (3.24%), Net Carbohydrates: 8.81g (3.2%), Sugar: 8.69g (9.66%), Cholesterol: 0mg (0%), Sodium: 9.21mg (0.4%), Alcohol: 9.13g (100%), Alcohol %: 8.16% (100%), Caffeine: 3.69mg (1.23%), Protein: 0.24g (0.49%), Manganese: 0.1mg (5.05%), Vitamin C: 3.71mg (4.5%), Fiber: 0.92g (3.69%), Magnesium: 12.33mg (3.08%), Potassium: 100.78mg (2.88%), Iron: 0.5mg (2.76%), Phosphorus: 17.72mg (1.77%), Copper: 0.03mg (1.64%), Vitamin B6: 0.02mg (1.24%), Calcium: 12.19mg (1.22%), Vitamin K: 1.11µg (1.05%)