



## Sonoma Coolers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



204 kcal

BEVERAGE

DRINK

## Ingredients

- 4 basil leaves fresh plus more for garnishing
- 2 ounces grapefruit juice
- 8 sonoma-variety grapes plus more for garnishing
- 2 servings ice cubes
- 2 ounces meyer lemon juice
- 1 ounce orange blossom honey
- 2 servings california sparkling wine as needed
- 3 ounces vodka

1 ounce water

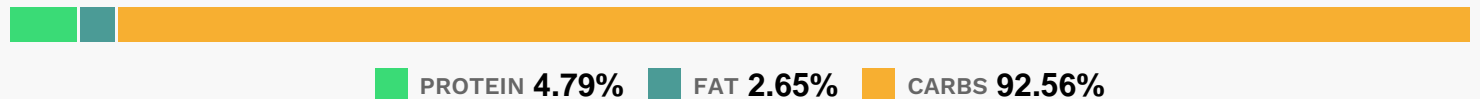
## Equipment

skewers

## Directions

- Make two cocktails at once using this method: In a cocktail shaker, muddle the grapes and fresh basil. Then add the vodka, citrus juices, Orange Blossom Honey, ice to fill and shake.
- Serve in 2 big wine glasses over fresh ice cubes. Top off with California sparkling wine and garnish with 3 grapes on a skewer and a fresh basil leaf.
- Add the honey and hot water together.
- Mix well.

## Nutrition Facts



## Properties

Glycemic Index:89.5, Glycemic Load:3.09, Inflammation Score:-6, Nutrition Score:3.1647825992626%

## Flavonoids

Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg, Eriodictyol: 1.38mg Hesperetin: 4.1mg, Hesperetin: 4.1mg, Hesperetin: 4.1mg, Hesperetin: 4.1mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 204.01kcal (10.2%), Fat: 0.13g (0.21%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 10.48g (3.49%), Net Carbohydrates: 10.17g (3.7%), Sugar: 8.64g (9.6%), Cholesterol: 0mg (0%), Sodium: 15.58mg (0.68%), Alcohol: 23.68g (100%), Alcohol %: 8.52% (100%), Protein: 0.54g (1.08%), Vitamin C: 19.38mg (23.49%), Potassium: 246.35mg (7.04%), Vitamin K: 6.24µg (5.94%), Magnesium: 21.95mg (5.49%), Iron: 0.83mg (4.61%), Phosphorus: 34.16mg (3.42%), Copper: 0.06mg (3.24%), Vitamin B6: 0.06mg (3.05%), Calcium: 22.81mg (2.28%), Folate: 8.66µg (2.17%), Vitamin B2: 0.04mg (2.16%), Vitamin B1: 0.02mg (1.53%), Vitamin B3: 0.3mg (1.52%), Manganese: 0.03mg (1.34%), Zinc: 0.19mg (1.26%), Fiber: 0.31g (1.22%), Vitamin A: 59.09IU (1.18%)