



Sparkling Cassis Aperitif

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



105 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup blackberries fresh
- 750 milliliter champagne chilled
- 0.8 cup crème de cassis black currant-flavored (liqueur)
- 4 cups currant juice
- 2 tablespoons juice of lemon fresh
- 2 cups seltzer water chilled

Equipment

Directions

- Combine first 3 ingredients in a large pitcher. Chill until ready to serve.
- Before serving, add sparkling water and Champagne to currant mixture; stir well. Divide blackberries evenly among 9 glasses. Top each serving with about 1 cup Champagne mixture.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.31, Glycemic Load:5.16, Inflammation Score:-5, Nutrition Score:3.749999984451%

Flavonoids

Cyanidin: 21.84mg, Cyanidin: 21.84mg, Cyanidin: 21.84mg, Cyanidin: 21.84mg Petunidin: 0.36mg, Petunidin: 0.36mg, Petunidin: 0.36mg, Petunidin: 0.36mg Delphinidin: 8.36mg, Delphinidin: 8.36mg, Delphinidin: 8.36mg, Delphinidin: 8.36mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 7.37mg, Catechin: 7.37mg, Catechin: 7.37mg, Catechin: 7.37mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 5.98mg, Epicatechin: 5.98mg, Epicatechin: 5.98mg, Epicatechin: 5.98mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg, Myricetin: 0.7mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 104.93kcal (5.25%), Fat: 0.27g (0.41%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 16.63g (5.54%), Net Carbohydrates: 15.55g (5.66%), Sugar: 12.42g (13.8%), Cholesterol: 0mg (0%), Sodium: 21.65mg (0.94%), Alcohol: 5.32g (100%), Alcohol %: 2.46% (100%), Protein: 0.53g (1.07%), Vitamin C: 22.54mg (27.32%), Manganese: 0.21mg (10.49%), Potassium: 244.93mg (7%), Magnesium: 19.99mg (5%), Fiber: 1.08g (4.31%), Iron: 0.72mg (3.98%), Vitamin K: 3.17µg (3.02%), Copper: 0.06mg (3.02%), Phosphorus: 29.48mg (2.95%), Calcium: 28.9mg (2.89%), Vitamin B6: 0.05mg (2.45%), Vitamin B2: 0.04mg (2.14%), Vitamin B1: 0.03mg (2.12%), Vitamin E: 0.3mg (1.98%), Zinc: 0.25mg (1.69%), Vitamin B3: 0.3mg (1.49%), Vitamin B5: 0.14mg (1.4%), Folate: 5.5µg (1.37%), Vitamin A: 57.01IU (1.14%)