



WHATSheATE

Sparkling Chimayó Cocktails



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



115 kcal

BEVERAGE

DRINK

Ingredients

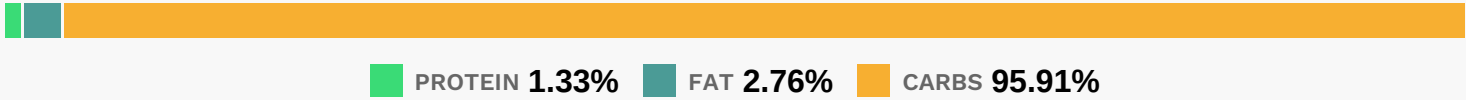
- ☐ 750 milliliter sparkling apple cider chilled
- ☐ 2 tablespoons crème de cassis black currant-flavored (liqueur)
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.8 cup seltzer water chilled
- ☐ 1 cup gold tequila

Equipment

Directions

- ☐ Combine all ingredients in a pitcher; stir to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.97, Glycemic Load:4.23, Inflammation Score:-2, Nutrition Score:1.3508695694415%

Flavonoids

Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 3.31mg, Delphinidin: 3.31mg, Delphinidin: 3.31mg, Delphinidin: 3.31mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epicatechin: 4.42mg, Epicatechin: 4.42mg, Epicatechin: 4.42mg, Epicatechin: 4.42mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 115.47kcal (5.77%), Fat: 0.15g (0.22%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 11.39g (3.8%), Net Carbohydrates: 11.2g (4.07%), Sugar: 9.09g (10.1%), Cholesterol: 0mg (0%), Sodium: 8.81mg (0.38%), Alcohol: 10.02g (100%), Alcohol %: 8.29% (100%), Protein: 0.16g (0.32%), Vitamin C: 8.98mg (10.89%), Manganese: 0.08mg (4.24%), Potassium: 111.26mg (3.18%), Vitamin B1: 0.02mg (1.61%), Magnesium: 6.01mg (1.5%), Vitamin B2: 0.02mg (1.15%), Copper: 0.02mg (1.13%), Calcium: 10.85mg (1.08%), Vitamin B6: 0.02mg (1.06%), Iron: 0.19mg (1.04%), Phosphorus: 10.23mg (1.02%)