



Sparkling Float



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



283 kcal

Ingredients

- ☐ 1 serving mint sprig
- ☐ 0.8 cup muscat wine italian such as asti spumante or domestic ballatore chilled
- ☐ 0.7 cup raspberry-blueberry sorbet

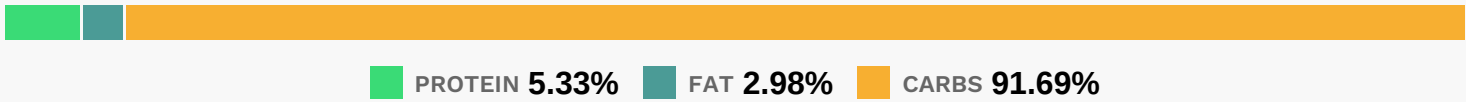
Equipment

Directions

- ☐ Pour wine into a tall glass (at least 1 1/4-cup size).
- ☐ Add sorbet.

Garnish with mint sprig.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:0.53956519642278%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 283.43kcal (14.17%), Fat: 0.56g (0.87%), Saturated Fat: 0g (0.02%), Carbohydrates: 38.98g (12.99%), Net Carbohydrates: 36.79g (13.38%), Sugar: 21.03g (23.36%), Cholesterol: 0mg (0%), Sodium: 74.46mg (3.24%), Alcohol: 15.61g (100%), Alcohol %: 6.85% (100%), Protein: 2.26g (4.53%), Fiber: 2.18g (8.73%)