



Sparkling Meyer Lemon Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



46 min.

SERVINGS



6

CALORIES



121 kcal

BEVERAGE

DRINK

Ingredients



1 cup meyer lemon juice fresh chilled (8 lemons)



1 rosemary sprig



0.3 cup sugar



0.3 cup vodka chilled



1 cup water



2 cups prosecco chilled

Equipment



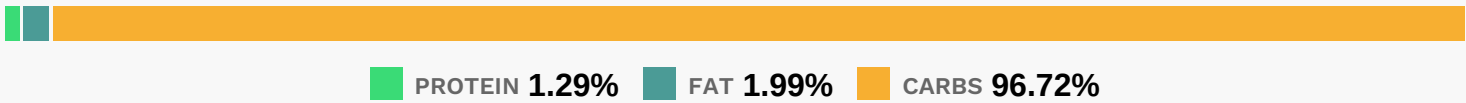
microwave

☐ measuring cup

Directions

- ☐ Combine first 3 ingredients in a microwave–safe liquid measuring cup. Microwave at HIGH for 2 1/2 minutes; stir until sugar dissolves.
- ☐ Let stand 10 minutes; discard rosemary. Chill.
- ☐ Combine sugar mixture, juice, vodka, and prosecco, stirring gently.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:25.85, Glycemic Load:7.76, Inflammation Score:-4, Nutrition Score:1.7317391399132%

Flavonoids

Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 121.13kcal (6.06%), Fat: 0.14g (0.21%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 14.8g (4.93%), Net Carbohydrates: 14.67g (5.34%), Sugar: 13.02g (14.46%), Cholesterol: 0mg (0%), Sodium: 8.14mg (0.35%), Alcohol: 9.49g (100%), Alcohol %: 6.56% (100%), Protein: 0.2g (0.4%), Vitamin C: 15.75mg (19.09%), Potassium: 111.63mg (3.19%), Magnesium: 10.74mg (2.68%), Folate: 8.97µg (2.24%), Iron: 0.36mg (1.99%), Vitamin B6: 0.03mg (1.74%), Phosphorus: 15.73mg (1.57%), Copper: 0.02mg (1.18%), Calcium: 11.03mg (1.1%)