



## Sparkling mint & lemon juleps

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 85 g brown sugar
- 4 tbsp juice of lemon fresh
- 1 bottle sparkling wine good chilled (Cava is a choice)
- 20 g mint leaves fresh

### Equipment

- frying pan

# Directions

- Put the sugar and lemon juice in a small pan and heat gently to dissolve the sugar. Simmer for 2 minutes to make a syrup.
- Remove from the heat and leave to cool. This can be made in advance and kept in the fridge for up to a week.
- To serve, pour the lemon syrup into 6 champagne flutes or tall glasses, top up each glass with the chilled sparkling wine, then stir quickly to mix before serving with mint sprigs tucked in the top.

# Nutrition Facts

**PROTEIN 1.56%** **FAT 0.74%** **CARBS 97.7%**

# Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:1.7952174107018%

# Flavonoids

Eriodictyol: 1.52mg, Eriodictyol: 1.52mg, Eriodictyol: 1.52mg, Eriodictyol: 1.52mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

# Nutrients (% of daily need)

Calories: 119.62kcal (5.98%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 16.55g (5.52%), Net Carbohydrates: 16.25g (5.91%), Sugar: 15.43g (17.15%), Cholesterol: 0mg (0%), Sodium: 13.85mg (0.6%), Alcohol: 8g (100%), Alcohol %: 6.65% (100%), Protein: 0.26g (0.53%), Vitamin C: 4.93mg (5.98%), Potassium: 158.11mg (4.52%), Iron: 0.78mg (4.32%), Magnesium: 17.04mg (4.26%), Calcium: 31.71mg (3.17%), Vitamin A: 142.2IU (2.84%), Manganese: 0.05mg (2.47%), Phosphorus: 22.55mg (2.26%), Vitamin B6: 0.04mg (1.99%), Folate: 7.19µg (1.8%), Copper: 0.03mg (1.65%), Vitamin B2: 0.02mg (1.35%), Fiber: 0.3g (1.19%), Vitamin B3: 0.21mg (1.03%)