



Sparkling Raspberry Parfaits

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



175 kcal

Ingredients

- ☐ 2 tablespoons bittersweet chocolate shaved
- ☐ 2 cups raspberry sorbet
- ☐ 1 cup sparkling wine unflavored chilled such as Verdi Raspberry Sparkletini

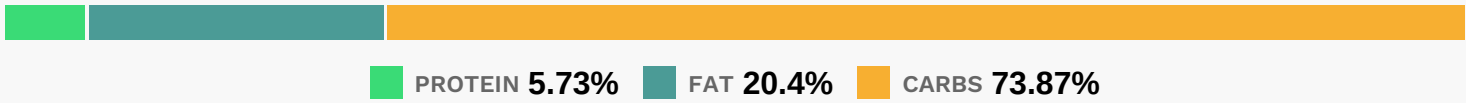
Equipment

- ☐ bowl

Directions

- ☐
- Scoop 1/2 cup sorbet into each of 4 wineglasses or small bowls, and drizzle each serving with 1/4 cup wine. Top each serving with 1 1/2 teaspoons chocolate.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:1.7473913107229%

Nutrients (% of daily need)

Calories: 175.26kcal (8.76%), Fat: 3.29g (5.06%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 26.78g (8.93%), Net Carbohydrates: 24.61g (8.95%), Sugar: 19.2g (21.34%), Cholesterol: 0.45mg (0.15%), Sodium: 60.49mg (2.63%), Alcohol: 3.78g (100%), Alcohol %: 3.2% (100%), Caffeine: 6.45mg (2.15%), Protein: 2.08g (4.15%), Fiber: 2.18g (8.71%), Copper: 0.1mg (5%), Manganese: 0.1mg (4.97%), Magnesium: 19.1mg (4.78%), Iron: 0.71mg (3.94%), Phosphorus: 28.35mg (2.84%), Potassium: 94.44mg (2.7%), Zinc: 0.25mg (1.64%), Selenium: 0.75µg (1.07%)