



Sparkling Sipper



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

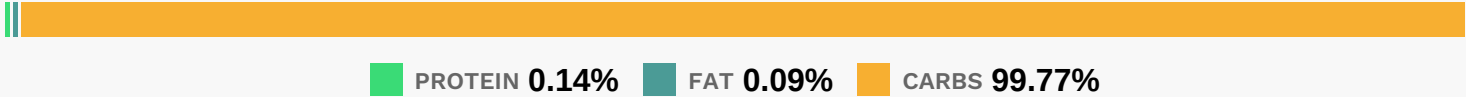
- ☐ 1 tablespoon campari
- ☐ 1 slices garnish: kumquats and lime
- ☐ 2 tablespoons fast simple syrup
- ☐ 1 serving prosecco
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Equipment

Directions

- ☐ Fill a 10-oz. glass with ice.
- ☐ Add Prosecco, filling three-fourths full. Top with Campari and Fast Simple Syrup.
- ☐ Garnish with kumquats and lime slices, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:0.97347823846275%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 149.75kcal (7.49%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 34.04g (11.35%), Net Carbohydrates: 33.85g (12.31%), Sugar: 29.4g (32.66%), Cholesterol: 0mg (0%), Sodium: 23.34mg (1.01%), Alcohol: 3.4g (100%), Alcohol %: 6.96% (100%), Protein: 0.05g (0.1%), Iron: 1.48mg (8.23%), Vitamin B1: 0.05mg (3.61%), Vitamin C: 2.04mg (2.47%), Vitamin B2: 0.03mg (1.49%), Magnesium: 4.42mg (1.11%)