



Sparkling Wine-Fruit Refresher



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



148 kcal

BEVERAGE

DRINK

Ingredients



1 cup poached berries assorted



0.3 cup basil leaves fresh loosely packed



1 cup lemon-lime drink chilled soft



6 oz limeade concentrate frozen thawed canned



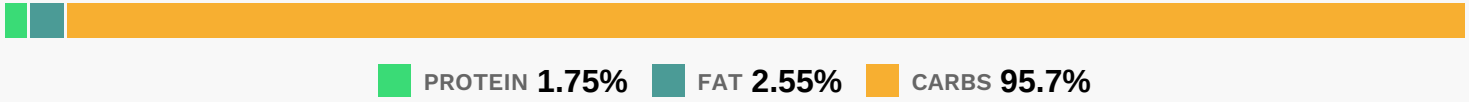
750 milliliter sparkling white wine chilled

Equipment

Directions

- ☐ Combine first 4 ingredients in a large pitcher. Gently stir in sparkling wine.
- ☐ Serve immediately.
- ☐ Sparkling Fruit Refresher: Substitute 3 (12-oz.) cans orange-flavored sparkling water, chilled, for sparkling white wine. Proceed with recipe as directed.

Nutrition Facts



Properties

Glycemic Index:14.17, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:2.2634782713393%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Petunidin: 4.69mg, Petunidin: 4.69mg, Petunidin: 4.69mg, Petunidin: 4.69mg Delphinidin: 5.58mg, Delphinidin: 5.58mg, Delphinidin: 5.58mg, Delphinidin: 5.58mg Malvidin: 12.9mg, Malvidin: 12.9mg, Malvidin: 12.9mg, Malvidin: 12.9mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 148.25kcal (7.41%), Fat: 0.17g (0.26%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 13.77g (5.01%), Sugar: 11.17g (12.41%), Cholesterol: 0mg (0%), Sodium: 11.42mg (0.5%), Alcohol: 13.06g (100%), Alcohol %: 7.48% (100%), Caffeine: 5.9mg (1.97%), Protein: 0.26g (0.53%), Manganese: 0.2mg (9.9%), Vitamin K: 8.89µg (8.47%), Vitamin B6: 0.08mg (4.07%), Magnesium: 15.57mg (3.89%), Potassium: 110.16mg (3.15%), Fiber: 0.71g (2.85%), Phosphorus: 26.51mg (2.65%), Iron: 0.43mg (2.38%), Vitamin C: 1.7mg (2.07%), Vitamin B2: 0.03mg (1.78%), Calcium: 16.6mg (1.66%), Vitamin B3: 0.29mg (1.44%), Vitamin A: 64.63IU (1.29%), Zinc: 0.19mg (1.23%), Copper: 0.02mg (1.1%), Vitamin B1: 0.02mg (1.03%), Folate: 4.04µg (1.01%)