



## Spritz

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

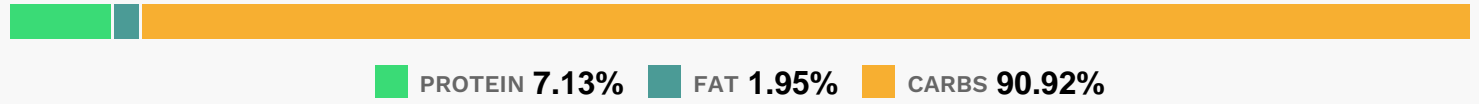
- 1 serving mineral water chilled
- 1 cranberry-orange relish
- 3 ounces sparkling wine chilled
- 1.5 ounces frangelico
- 1.5 ounces frangelico

## Equipment

## Directions

- Pour the Aperol into a champagne flute.
- Add the Prosecco and top with a splash of soda water.
- Garnish with a lemon or orange slice and serve.

## Nutrition Facts



## Properties

Glycemic Index:42.5, Glycemic Load:5.23, Inflammation Score:-7, Nutrition Score:7.3665218612422%

## Flavonoids

Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg, Hesperetin: 35.7mg Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg, Naringenin: 20.07mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

## Nutrients (% of daily need)

Calories: 103.24kcal (5.16%), Fat: 0.16g (0.24%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 16.45g (5.48%), Net Carbohydrates: 13.31g (4.84%), Sugar: 13.23g (14.7%), Cholesterol: 0mg (0%), Sodium: 5.96mg (0.26%), Alcohol: 5.44g (100%), Alcohol %: 3.18% (100%), Protein: 1.29g (2.58%), Vitamin C: 69.69mg (84.48%), Fiber: 3.14g (12.58%), Folate: 40.15µg (10.04%), Potassium: 311.95mg (8.91%), Vitamin B1: 0.11mg (7.6%), Calcium: 60.19mg (6.02%), Vitamin A: 294.75IU (5.89%), Magnesium: 21.6mg (5.4%), Vitamin B6: 0.1mg (4.78%), Vitamin B2: 0.06mg (3.58%), Copper: 0.07mg (3.42%), Vitamin B5: 0.33mg (3.28%), Phosphorus: 31.1mg (3.11%), Iron: 0.47mg (2.62%), Vitamin B3: 0.45mg (2.27%), Manganese: 0.03mg (1.64%), Vitamin E: 0.24mg (1.57%), Selenium: 0.83µg (1.18%), Zinc: 0.16mg (1.06%)