

St-Germain Fizzy



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



163 kcal

SIDE DISH

Ingredients

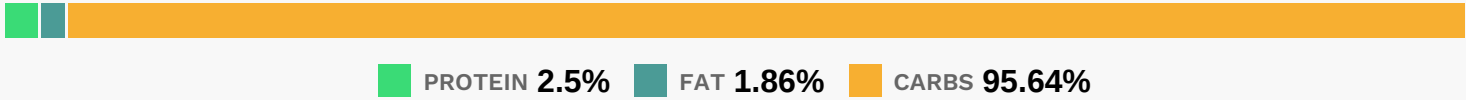
- ☐ 1 cup apricots chopped
- ☐ 1 cup st. germain chilled
- ☐ 1 cup strawberries halved thinly sliced
- ☐ 1 bottle frangelico chilled
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Equipment

Directions

- ☐ Put strawberries, apricots, and liqueur in a pitcher.
- ☐ Pour in prosecco, stir gently, and pour into Champagne flutes.

Nutrition Facts



Properties

Glycemic Index:13.61, Glycemic Load:1.52, Inflammation Score:-5, Nutrition Score:2.6152173948029%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 163.34kcal (8.17%), Fat: 0.17g (0.27%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 19.01g (6.91%), Sugar: 18.72g (20.8%), Cholesterol: 0mg (0%), Sodium: 0.5mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.04%), Vitamin C: 16.7mg (20.24%), Vitamin A: 500.43IU (10.01%), Manganese: 0.11mg (5.63%), Fiber: 1g (3.99%), Potassium: 103.63mg (2.96%), Folate: 8.09µg (2.02%), Vitamin E: 0.3mg (2%), Copper: 0.03mg (1.58%), Magnesium: 5.7mg (1.43%), Vitamin K: 1.38µg (1.31%), Vitamin B6: 0.03mg (1.26%), Vitamin B3: 0.25mg (1.24%), Phosphorus: 11.7mg (1.17%), Iron: 0.2mg (1.11%)