



## The Champagne Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



141 kcal

BEVERAGE

DRINK

### Ingredients

- 1 tablespoon whole-berry blackberry preserves
- 5 fluid ounces champagne
- 0.8 fluid ounce pear brandy

### Equipment

### Directions

- Pour the brandy into a champagne flute. Top with champagne. Gently drop in preserves.

# Nutrition Facts

PROTEIN 2.57% FAT 2.96% CARBS 94.47%

## Properties

Glycemic Index:51.75, Glycemic Load:1.56, Inflammation Score:-5, Nutrition Score:2.1886956510337%

## Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Petunidin: 2.69mg, Petunidin: 2.69mg, Petunidin: 2.69mg, Petunidin: 2.69mg Delphinidin: 3.19mg, Delphinidin: 3.19mg, Delphinidin: 3.19mg, Delphinidin: 3.19mg Malvidin: 7.43mg, Malvidin: 7.43mg, Malvidin: 7.43mg, Malvidin: 7.43mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

## Nutrients (% of daily need)

Calories: 141.42kcal (7.07%), Fat: 0.13g (0.19%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 9.02g (3.01%), Net Carbohydrates: 7.93g (2.88%), Sugar: 4.83g (5.37%), Cholesterol: 0mg (0%), Sodium: 7.76mg (0.34%), Alcohol: 15.23g (100%), Alcohol %: 10.44% (100%), Protein: 0.25g (0.49%), Manganese: 0.21mg (10.27%), Vitamin B6: 0.09mg (4.45%), Fiber: 1.09g (4.35%), Magnesium: 17.08mg (4.27%), Potassium: 138.68mg (3.96%), Vitamin K: 3.99µg (3.8%), Phosphorus: 30.9mg (3.09%), Iron: 0.47mg (2.59%), Vitamin B2: 0.03mg (1.97%), Calcium: 16.49mg (1.65%), Vitamin C: 1.32mg (1.6%), Copper: 0.03mg (1.45%), Zinc: 0.21mg (1.4%), Vitamin B3: 0.27mg (1.36%), Folate: 4.07µg (1.02%)