



## The Crushed Grape

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

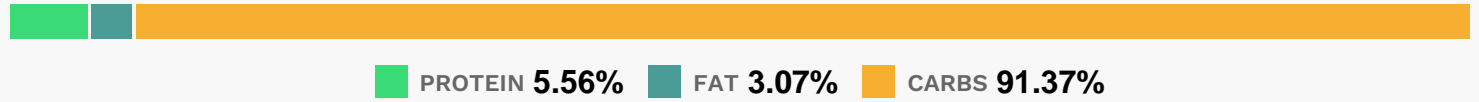
- 1 cup grapes red such as flame
- 1 serving ice cubes
- 1 optional: lemon for garnish
- 1.5 ounces sparkling wine dry chilled

### Equipment

### Directions

- Place a cocktail glass in the freezer to chill.
- Place the grapes and pisco in a cocktail shaker and muddle until the grapes are crushed.
- Add ice to fill the shaker halfway, cover, and shake until the outside is frosted, about 30 seconds. Strain into the chilled glass, top with the champagne, and garnish with the lemon twist.

## Nutrition Facts



### Properties

Glycemic Index:71.5, Glycemic Load:13.74, Inflammation Score:-6, Nutrition Score:9.3847825242125%

### Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

### Nutrients (% of daily need)

Calories: 156.35kcal (7.82%), Fat: 0.57g (0.87%), Saturated Fat: 0.12g (0.77%), Carbohydrates: 37.89g (12.63%), Net Carbohydrates: 33.51g (12.19%), Sugar: 26.59g (29.55%), Cholesterol: 0mg (0%), Sodium: 10.96mg (0.48%), Alcohol: 2.72g (100%), Alcohol %: 0.96% (100%), Protein: 2.31g (4.61%), Vitamin C: 62.07mg (75.24%), Vitamin K: 22.05µg (21%), Fiber: 4.38g (17.53%), Potassium: 474.87mg (13.57%), Copper: 0.25mg (12.27%), Vitamin B6: 0.22mg (11.24%), Vitamin B1: 0.15mg (9.83%), Vitamin B2: 0.13mg (7.74%), Iron: 1.36mg (7.56%), Manganese: 0.14mg (6.98%), Magnesium: 24.02mg (6.01%), Phosphorus: 53.86mg (5.39%), Calcium: 48.69mg (4.87%), Folate: 15.33µg (3.83%), Vitamin E: 0.45mg (2.99%), Vitamin B5: 0.28mg (2.81%), Vitamin A: 123.42IU (2.47%), Vitamin B3: 0.43mg (2.17%), Zinc: 0.21mg (1.4%)