



## Wine Spritzer



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



73 kcal

BEVERAGE

DRINK

## Ingredients



1 ounce seltzer water



1 serving optional: lemon



1 serving optional: lemon



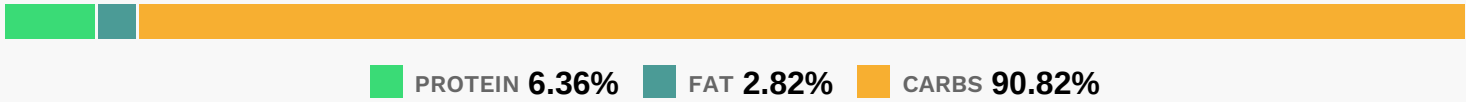
3 ounces sauvignon blanc white wine (such as Sauvignon Blanc, Riesling, or Gewürztraminer)

## Equipment

## Directions

- ☐
- Pour wine into a wineglass filled with ice; top off with club sodaand a dash of bitters.
- ☐
- Garnish with orange twist.

# Nutrition Facts



## Properties

Glycemic Index:51, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:0.67739129536178%

## Flavonoids

Eriodictyol: 2.99mg, Eriodictyol: 2.99mg, Eriodictyol: 2.99mg, Eriodictyol: 2.99mg Hesperetin: 3.91mg, Hesperetin: 3.91mg, Hesperetin: 3.91mg, Hesperetin: 3.91mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 72.95kcal (3.65%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 3.05g (1.02%), Net Carbohydrates: 2.66g (0.97%), Sugar: 0.35g (0.39%), Cholesterol: 0mg (0%), Sodium: 6.23mg (0.27%), Alcohol: 8.93g (100%), Alcohol %: 8.88% (100%), Protein: 0.21g (0.43%), Vitamin C: 7.42mg (8.99%), Fiber: 0.39g (1.57%)