

7UP Pom Spritzer

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



183 kcal

BEVERAGE

DRINK

Ingredients

- 2.5 ounces rose's pomegranate cocktail infusions®
- 1 fluid ounce vodka

Equipment

Directions

- Serve over 1 cup ice.

Nutrition Facts

PROTEIN 3.94% FAT 1.88% CARBS 94.18%

Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:16.496521742448%

Nutrients (% of daily need)

Calories: 183.12kcal (9.16%), Fat: 0.24g (0.37%), Saturated Fat: 0g (0%), Carbohydrates: 27.09g (9.03%), Net Carbohydrates: 10.01g (3.64%), Sugar: 1.83g (2.03%), Cholesterol: 0mg (0%), Sodium: 3.13mg (0.14%), Alcohol: 9.88g (100%), Alcohol %: 12.46% (100%), Protein: 1.13g (2.27%), Vitamin C: 301.92mg (365.97%), Fiber: 17.08g (68.32%), Vitamin A: 3079.47IU (61.59%), Manganese: 0.72mg (36.15%), Vitamin E: 4.14mg (27.59%), Vitamin K: 18.36µg (17.48%), Magnesium: 48.9mg (12.23%), Calcium: 119.78mg (11.98%), Potassium: 304.34mg (8.7%), Vitamin B2: 0.12mg (7.04%), Vitamin B5: 0.57mg (5.67%), Vitamin B3: 0.92mg (4.61%), Phosphorus: 44.71mg (4.47%), Iron: 0.75mg (4.19%), Copper: 0.08mg (4.15%), Vitamin B6: 0.05mg (2.69%), Zinc: 0.18mg (1.18%)