



Aquavit Spritzer



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



45 kcal

BEVERAGE

DRINK

Ingredients



0.8 cup poached berries



8 optional: lemon



1 tablespoon sugar raw



32 ounces seltzer water



2 cups frangelico



2 cups frangelico

Equipment



wooden spoon

Directions

- ☐
- Combine sugar and 1 tablespoon hot water ina pitcher. Stir to dissolve.
- ☐
- Add preserves.Using a wooden spoon, stir to loosenpreserves and mix with simple syrup. Gentlystir in soda water and aquavit.
- ☐
- Fill tumblers with ice. Divide aquavitspritzer equally among glasses and garnisheach with a lemon twist.

Nutrition Facts



Properties

Glycemic Index:3.19, Glycemic Load:1.8, Inflammation Score:-4, Nutrition Score:5.5439130301061%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 2.64mg, Petunidin: 2.64mg, Petunidin: 2.64mg, Petunidin: 2.64mg Delphinidin: 3.14mg, Delphinidin: 3.14mg, Delphinidin: 3.14mg, Delphinidin: 3.14mg Malvidin: 7.21mg, Malvidin: 7.21mg, Malvidin: 7.21mg, Malvidin: 7.21mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg 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: 2.31mg, Luteolin: 2.31mg, Luteolin: 2.31mg, Luteolin: 2.31mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 44.72kcal (2.24%), Fat: 0.42g (0.64%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 13.34g (4.45%), Net Carbohydrates: 9.92g (3.61%), Sugar: 5.42g (6.02%), Cholesterol: 0mg (0%), Sodium: 26.16mg (1.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Vitamin C: 57.6mg (69.82%), Fiber: 3.42g (13.67%), Vitamin B6: 0.09mg (4.75%), Potassium: 159.59mg (4.56%), Iron: 0.69mg (3.84%), Calcium: 35.09mg (3.51%), Folate: 12.9µg (3.22%), Vitamin B1: 0.05mg (3.19%), Manganese: 0.06mg (2.78%), Magnesium: 10.53mg (2.63%), Copper: 0.05mg (2.58%), Vitamin K: 2.38µg (2.27%), Vitamin B5: 0.22mg (2.23%), Phosphorus: 18.89mg (1.89%), Vitamin B2: 0.03mg (1.59%), Vitamin E: 0.23mg (1.55%), Zinc: 0.19mg (1.26%)