

Bay Breeze Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



166 kcal

BEVERAGE

DRINK

Ingredients

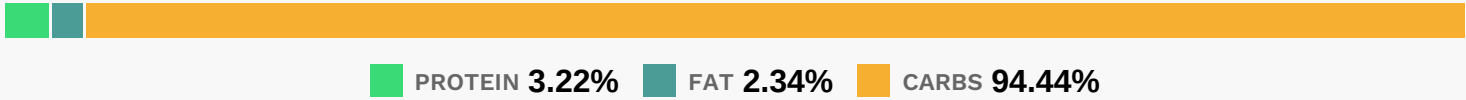
- ☐ 2 fluid ounces 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 1 cup ice cubes
- ☐ 1 lime wedges for garnish
- ☐ 2 fluid ounces pineapple juice
- ☐ 1.5 fluid ounces vodka

Equipment

Directions

- ☐ Combine ice, cranberry juice, pineapple juice, and vodka in a highball glass.
- ☐ Garnish with a lime wedge.

Nutrition Facts



Properties

Glycemic Index:149, Glycemic Load:7.9, Inflammation Score:-3, Nutrition Score:3.6386956715066%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 166.41kcal (8.32%), Fat: 0.18g (0.28%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 16.72g (5.57%), Net Carbohydrates: 16.03g (5.83%), Sugar: 13.36g (14.85%), Cholesterol: 0mg (0%), Sodium: 15mg (0.65%), Alcohol: 14.81g (100%), Alcohol %: 4.5% (100%), Protein: 0.57g (1.14%), Vitamin C: 16.65mg (20.18%), Manganese: 0.3mg (14.98%), Copper: 0.13mg (6.37%), Vitamin E: 0.76mg (5.07%), Vitamin B6: 0.1mg (4.88%), Potassium: 141.22mg (4.03%), Magnesium: 14.09mg (3.52%), Folate: 12.68µg (3.17%), Vitamin B1: 0.05mg (3.15%), Vitamin K: 3.3µg (3.14%), Fiber: 0.68g (2.73%), Calcium: 25.46mg (2.55%), Iron: 0.44mg (2.46%), Phosphorus: 17.88mg (1.79%), Vitamin B2: 0.03mg (1.75%), Zinc: 0.17mg (1.12%), Vitamin B3: 0.21mg (1.04%)