



Blackberry Spritzer

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

65 min.

SERVINGS

servings

4

CALORIES

calories

175 kcal

BEVERAGE

DRINK

Ingredients

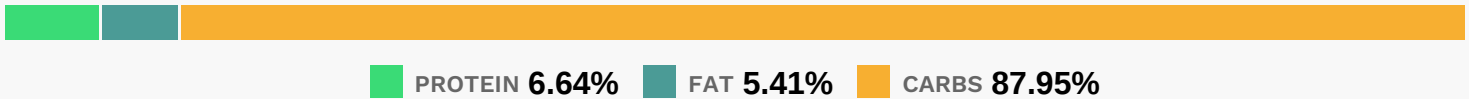
- ☐ 0.3 cup agave nectar
- ☐ 1 pint blackberries plus more for garnish
- ☐ 1 cup club soda
- ☐ 0.3 cup crème de cassis
- ☐ 1 cup basil leaves fresh for garnish
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 cup vodka

Equipment

Directions

- ☐ Special equipment: 4 chilled martini glasses and 4 cocktail picks
- ☐ Muddle the blackberries and basil in a pitcher.
- ☐ Add the club soda, vodka, cassis, lime juice and agave and stir to combine. Chill for at least 1 hour and until ready to serve.Thread a basil leaf and blackberry onto each cocktail pick.
- ☐ Serve the spritzers over ice and garnish with the cocktail picks.

Nutrition Facts



Properties

Glycemic Index:31.25, Glycemic Load:2.89, Inflammation Score:-7, Nutrition Score:11.010434741559%

Flavonoids

Cyanidin: 118.23mg, Cyanidin: 118.23mg, Cyanidin: 118.23mg, Cyanidin: 118.23mg Pelargonidin: 0.53mg, Pelargonidin: 0.53mg, Pelargonidin: 0.53mg, Pelargonidin: 0.53mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 43.84mg, Catechin: 43.84mg, Catechin: 43.84mg, Catechin: 43.84mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 5.51mg, Epicatechin: 5.51mg, Epicatechin: 5.51mg, Epicatechin: 5.51mg Epigallocatechin 3-gallate: 0.8mg, Epigallocatechin 3-gallate: 0.8mg, Epigallocatechin 3-gallate: 0.8mg, Epigallocatechin 3-gallate: 0.8mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg, Myricetin: 0.79mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 175.49kcal (8.77%), Fat: 0.69g (1.06%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 25.27g (8.42%), Net Carbohydrates: 18.82g (6.84%), Sugar: 17.36g (19.29%), Cholesterol: 0mg (0%), Sodium: 16.77mg (0.73%), Alcohol: 10.02g (100%), Alcohol %: 4.94% (100%), Protein: 1.91g (3.82%), Vitamin K: 51.51µg (49.05%), Manganese: 0.84mg (41.95%), Vitamin C: 32.8mg (39.75%), Fiber: 6.45g (25.81%), Copper: 0.23mg (11.57%), Vitamin A: 577.21IU (11.54%), Vitamin E: 1.6mg (10.67%), Folate: 39.29µg (9.82%), Magnesium: 29.59mg (7.4%), Potassium: 229.21mg (6.55%), Iron: 0.97mg (5.37%), Calcium: 50.88mg (5.09%), Zinc: 0.76mg (5.06%), Vitamin B3: 0.93mg (4.67%), Vitamin B6: 0.08mg (4.14%), Vitamin B2: 0.06mg (3.67%), Vitamin B5: 0.36mg (3.58%), Phosphorus: 33.14mg (3.31%), Vitamin B1: 0.05mg (3.18%), Selenium: 0.74µg (1.06%)