



Celebratory Cranberry Pomegranate Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



2 min.

SERVINGS



2

CALORIES



117 kcal

BEVERAGE

DRINK

Ingredients

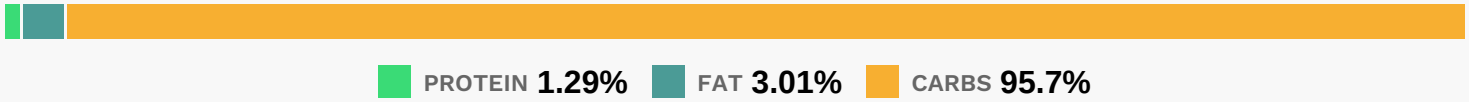
- ☐ 0.5 cup cranberry-pomegranate juice
- ☐ 2 servings lime quartered for glass rim, , optional
- ☐ 1 tablespoons pomegranate arils fresh
- ☐ 0.5 cup sparkling wine
- ☐ 2 servings sugar for glass rim, optional

Equipment

Directions

- ☐ Gently push a lime quarter about 1/4-inch into the glass rim, and move it around the rim to lightly coat the top with citrus.
- ☐ Place about 1/2-inch sugar in a dish just big enough to accommodate one glass. Dip the rim of the glass in the sugar. Repeat with second glass.
- ☐ Let them dry for a few minutes.
- ☐ Pour the wine and juice into your glass, stirring to combine.Drop in pomegranate arils and/or cranberries.

Nutrition Facts



Properties

Glycemic Index:84.55, Glycemic Load:9.29, Inflammation Score:-2, Nutrition Score:2.1434782798523%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 117.05kcal (5.85%), Fat: 0.32g (0.49%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 22.93g (7.64%), Net Carbohydrates: 22.38g (8.14%), Sugar: 21.64g (24.05%), Cholesterol: 0mg (0%), Sodium: 10.22mg (0.44%), Alcohol: 3.78g (100%), Alcohol %: 3.24% (100%), Protein: 0.31g (0.62%), Vitamin K: 7.75µg (7.38%), Potassium: 210.21mg (6.01%), Folate: 18.94µg (4.74%), Vitamin C: 2.86mg (3.47%), Manganese: 0.07mg (3.46%), Magnesium: 11.58mg (2.89%), Vitamin B6: 0.05mg (2.27%), Fiber: 0.56g (2.23%), Vitamin B5: 0.22mg (2.21%), Iron: 0.37mg (2.05%), Vitamin E: 0.3mg (1.98%), Phosphorus: 19.66mg (1.97%), Copper: 0.04mg (1.84%), Calcium: 15.34mg (1.53%), Vitamin B2: 0.02mg (1.35%), Vitamin B3: 0.24mg (1.2%), Vitamin B1: 0.02mg (1.1%)