

Cherry Shrub Spritzer



Gluten Free



Dairy Free



Low Fod Map

READY IN



2 min.

SERVINGS



1

CALORIES



91 kcal

BEVERAGE

DRINK

Ingredients



1 ounce lillet blanc



0.5 ounce juice of lime fresh



0.5 ounce maraschino cherry syrup (see related recipe)

Equipment

Directions

Add the shrub syrup to the bottom of a Collins glass. Fill the glass with ice, then add the Lillet Blanc, lime juice, and seltzer. Stir lightly to combine, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.37869565593808%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 91.18kcal (4.56%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 14.9g (4.97%), Net Carbohydrates: 14.85g (5.4%), Sugar: 13.55g (15.05%), Cholesterol: 0mg (0%), Sodium: 0.28mg (0.01%), Alcohol: 4.82g (100%), Alcohol %: 10.77% (100%), Protein: 0.06g (0.12%), Vitamin C: 4.25mg (5.15%)