



## Cherry Vanilla

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 ounces up® cherry
- 1 fluid ounce vanilla vodka

### Equipment

### Directions

- Serve over 1 cup ice.

### Nutrition Facts

PROTEIN 6.05% FAT 2.57% CARBS 91.38%

## Properties

Glycemic Index:37, Glycemic Load:5.2, Inflammation Score:-4, Nutrition Score:3.8717391646427%

## Flavonoids

Cyanidin: 51.39mg, Cyanidin: 51.39mg, Cyanidin: 51.39mg, Cyanidin: 51.39mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 2.55mg, Peonidin: 2.55mg, Peonidin: 2.55mg, Peonidin: 2.55mg Catechin: 7.42mg, Catechin: 7.42mg, Catechin: 7.42mg, Catechin: 7.42mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 8.5mg, Epicatechin: 8.5mg, Epicatechin: 8.5mg, Epicatechin: 8.5mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

## Nutrients (% of daily need)

Calories: 175.47kcal (8.77%), Fat: 0.34g (0.52%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 27.22g (9.07%), Net Carbohydrates: 23.64g (8.6%), Sugar: 21.77g (24.19%), Cholesterol: 0mg (0%), Sodium: 0.3mg (0.01%), Alcohol: 9.88g (100%), Alcohol %: 6.27% (100%), Protein: 1.8g (3.61%), Vitamin C: 11.91mg (14.43%), Fiber: 3.57g (14.29%), Potassium: 377.91mg (10.8%), Manganese: 0.12mg (5.95%), Copper: 0.1mg (5.25%), Magnesium: 18.71mg (4.68%), Vitamin B6: 0.08mg (4.17%), Phosphorus: 37.2mg (3.72%), Vitamin B2: 0.06mg (3.42%), Iron: 0.62mg (3.42%), Vitamin K: 3.57µg (3.4%), Vitamin B5: 0.34mg (3.38%), Vitamin B1: 0.05mg (3.16%), Calcium: 22.11mg (2.21%), Vitamin A: 108.86IU (2.18%), Folate: 6.8µg (1.7%), Vitamin B3: 0.26mg (1.31%)