



Clementine-Pomegranate Spritzer



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



127 kcal

BEVERAGE

DRINK

Ingredients

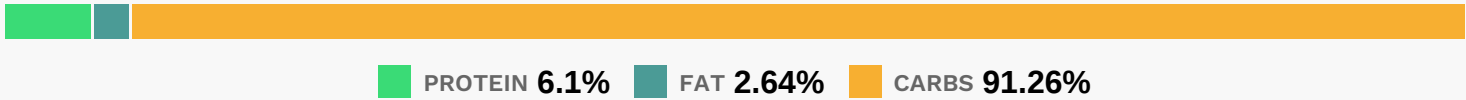
- ☐ 2 3 large clementines juiced
- ☐ 1 oz pomegranate juice
- ☐ 2 oz seltzer water
- ☐ 1 serving orange sections

Equipment

Directions

- ☐
- Pour clementine and pomegranate juices into glass; stir well.
- ☐
- Pour in seltzer water; do not stir.
- ☐
- Make cut in center of clementine sections; arrange on rim of glass.

Nutrition Facts



Properties

Glycemic Index:112.5, Glycemic Load:14.29, Inflammation Score:-7, Nutrition Score:10.18391299766%

Flavonoids

Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg, Cyanidin: 0.68mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 127.17kcal (6.36%), Fat: 0.41g (0.63%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 32.12g (10.71%), Net Carbohydrates: 27.42g (9.97%), Sugar: 25.57g (28.41%), Cholesterol: 0mg (0%), Sodium: 15.94mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.29%), Vitamin C: 120.13mg (145.61%), Fiber: 4.7g (18.82%), Folate: 69.32µg (17.33%), Vitamin B1: 0.21mg (13.99%), Potassium: 486.66mg (13.9%), Vitamin B6: 0.18mg (8.82%), Calcium: 86.35mg (8.64%), Magnesium: 26.35mg (6.59%), Vitamin B3: 1.26mg (6.31%), Copper: 0.11mg (5.67%), Vitamin B5: 0.53mg (5.29%), Vitamin B2: 0.08mg (4.98%), Phosphorus: 46.8mg (4.68%), Manganese: 0.08mg (4.2%), Vitamin A: 202.5IU (4.05%), Vitamin E: 0.57mg (3.77%), Vitamin K: 2.95µg (2.81%), Iron: 0.33mg (1.84%), Zinc: 0.23mg (1.56%)