



## Colorful Beverage

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



1 min.

SERVINGS



16

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 64 fluid ounce 1/4 cup dried cranberry (juice sweetened if possible)
- 64 fluid ounce orange juice

## Equipment

## Directions

- Pour the orange juice into ice cube trays and freeze them. Chill the cranberry juice in the refrigerator.

- When the orange juice cubes are frozen,
- Place them in a large pitcher and pour in the cranberry juice.

## Nutrition Facts

**PROTEIN 4.46%**

**FAT 3.04%**

**CARBS 92.5%**

### Properties

Glycemic Index:6.75, Glycemic Load:14.29, Inflammation Score:-5, Nutrition Score:7.3973911495312%

### Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 14.13mg, Hesperetin: 14.13mg, Hesperetin: 14.13mg, Hesperetin: 14.13mg Naringenin: 2.53mg, Naringenin: 2.53mg, Naringenin: 2.53mg, Naringenin: 2.53mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

### Nutrients (% of daily need)

Calories: 107.63kcal (5.38%), Fat: 0.39g (0.6%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 26.73g (8.91%), Net Carbohydrates: 26.38g (9.59%), Sugar: 24.25g (26.94%), Cholesterol: 0mg (0%), Sodium: 3.55mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.29g (2.58%), Vitamin C: 70.14mg (85.02%), Vitamin E: 1.47mg (9.78%), Potassium: 327.64mg (9.36%), Folate: 36.67µg (9.17%), Vitamin B1: 0.12mg (7.81%), Vitamin K: 6.15µg (5.86%), Copper: 0.12mg (5.85%), Vitamin A: 289.79IU (5.8%), Vitamin B6: 0.11mg (5.44%), Magnesium: 20.11mg (5.03%), Phosphorus: 35.48mg (3.55%), Vitamin B2: 0.06mg (3.34%), Iron: 0.53mg (2.96%), Vitamin B3: 0.58mg (2.9%), Calcium: 22.47mg (2.25%), Vitamin B5: 0.22mg (2.25%), Fiber: 0.35g (1.42%), Zinc: 0.18mg (1.18%)