



Cook the Book: Concord Spritzer



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



331 kcal

BEVERAGE

DRINK

Ingredients

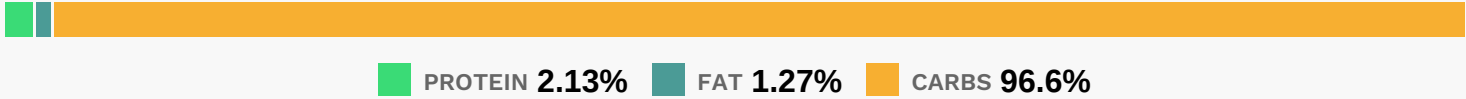
- ☐ 1 serving seltzer water
- ☐ 1 serving grapes for garnish
- ☐ 2 ounces grape juice fresh
- ☐ 0.5 ounce juice of lemon freshly squeezed
- ☐ 1 ounce simple syrup glaze
- ☐ 2 ounces vodka

Equipment

Directions

☐ Combine the vodka, grape juice, simple syrup, and lemon juice in a cocktail shaker. Shake with ice and pour into a highball glass. Top with a splash of club soda and garnish with the grape cluster on the rim of the glass.

Nutrition Facts



Properties

Glycemic Index:61, Glycemic Load:9.97, Inflammation Score:-3, Nutrition Score:5.0826086674048%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Petunidin: 0.58mg, Petunidin: 0.58mg, Petunidin: 0.58mg, Petunidin: 0.58mg Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg Malvidin: 6.33mg, Malvidin: 6.33mg, Malvidin: 6.33mg, Malvidin: 6.33mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.6mg, Peonidin: 0.6mg, Peonidin: 0.6mg, Peonidin: 0.6mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg, Hesperetin: 2.05mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 331.31kcal (16.57%), Fat: 0.31g (0.48%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 52.89g (17.63%), Net Carbohydrates: 51.6g (18.76%), Sugar: 48.69g (54.1%), Cholesterol: 0mg (0%), Sodium: 22.72mg (0.99%), Alcohol: 18.94g (100%), Alcohol %: 8.48% (100%), Protein: 1.17g (2.33%), Vitamin K: 18.62µg (17.74%), Vitamin C: 9.57mg (11.61%), Manganese: 0.23mg (11.33%), Potassium: 332.67mg (9.5%), Vitamin B1: 0.14mg (9.31%), Copper: 0.18mg (9.19%), Iron: 1.63mg (9.07%), Vitamin B2: 0.12mg (7.05%), Vitamin B6: 0.13mg (6.65%), Fiber: 1.29g (5.16%), Magnesium: 18.19mg (4.55%), Phosphorus: 39.37mg (3.94%), Calcium: 23.42mg (2.34%), Vitamin A: 88.55IU (1.77%), Vitamin B3: 0.35mg (1.77%), Vitamin E: 0.26mg (1.74%), Folate: 5.36µg (1.34%), Zinc: 0.19mg (1.27%), Vitamin B5: 0.11mg (1.09%)