



Cosmo Bites

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



255 min.

SERVINGS



15

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups cranberry juice cocktail boiling
- 0.3 cup juice of lime
- 3 pkg jell-o raspberry flavor gelatin (4-serving size each)
- 0.5 cup vodka

Equipment

- bowl
- frying pan

Directions

- Stir boiling juice into gelatin mix in large bowl until completely dissolved.
- Add vodka and lime juice; mix well.
- Pour into 8-inch pan sprayed with cooking spray. Refrigerate 4 hours or until set.
- Cut into 24 pieces. Store in refrigerator.

Nutrition Facts

PROTEIN 6.54% **FAT 0.31%** **CARBS 93.15%**

Properties

Glycemic Index:4, Glycemic Load:2.05, Inflammation Score:-1, Nutrition Score:1.0308695501931%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 79.44kcal (3.97%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.02%), Carbohydrates: 19.14g (6.38%), Net Carbohydrates: 19.12g (6.95%), Sugar: 17.71g (19.67%), Cholesterol: 0mg (0%), Sodium: 80.2mg (3.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.69%), Vitamin C: 11.91mg (14.44%), Phosphorus: 24.79mg (2.48%), Selenium: 1.19µg (1.71%), Copper: 0.02mg (1.25%)