

Cosmopolitan



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



209 kcal

BEVERAGE

DRINK

Ingredients

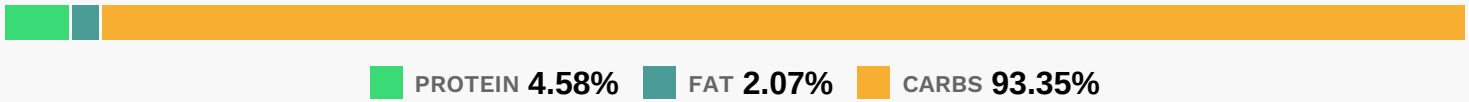
- ☐ 1 teaspoon 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 1 cup ice cubes
- ☐ 0.5 teaspoon juice of lime freshly squeezed
- ☐ 1 serving orange twist
- ☐ 0.8 ounce orange liqueur such as triple sec
- ☐ 1.5 ounces citrus vodka

Equipment

Directions

- ☐ In cocktail shaker, combine vodka, orange liqueur, lime juice, simple syrup, and cranberry juice.
- ☐ Add ice and shake vigorously for 20 seconds. Strain into chilled martini glass. Rub orange or lemon twist around rim, drop twist into glass, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:113.5, Glycemic Load:3.93, Inflammation Score:-6, Nutrition Score:5.1299999174864%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 24.75mg, Hesperetin: 24.75mg, Hesperetin: 24.75mg, Hesperetin: 24.75mg Naringenin: 13.8mg, Naringenin: 13.8mg, Naringenin: 13.8mg, Naringenin: 13.8mg 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: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 208.94kcal (10.45%), Fat: 0.18g (0.28%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 18.29g (6.1%), Net Carbohydrates: 16.11g (5.86%), Sugar: 15.91g (17.68%), Cholesterol: 0mg (0%), Sodium: 14.11mg (0.61%), Alcohol: 19.73g (100%), Alcohol %: 6.29% (100%), Caffeine: 5.53mg (1.84%), Protein: 0.9g (1.79%), Vitamin C: 49.1mg (59.51%), Fiber: 2.17g (8.7%), Folate: 27.3µg (6.82%), Vitamin B1: 0.08mg (5.49%), Potassium: 176.48mg (5.04%), Copper: 0.09mg (4.73%), Calcium: 44.06mg (4.41%), Vitamin A: 206IU (4.12%), Magnesium: 12.5mg (3.13%), Vitamin B6: 0.06mg (2.88%), Vitamin B2: 0.04mg (2.52%), Vitamin B5: 0.23mg (2.28%), Phosphorus: 17mg (1.7%), Vitamin E: 0.23mg (1.52%), Vitamin B3: 0.29mg (1.46%), Manganese: 0.03mg (1.33%)