

Cran-Raspberry Spritzer



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



182 kcal

BEVERAGE

DRINK

Ingredients

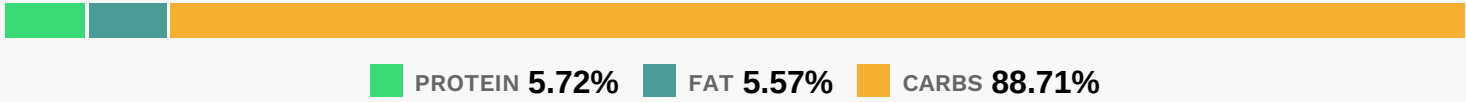
- ☐ 1 cup 1/4 cup dried cranberry (juice sweetened if possible) chilled
- ☐ 4 servings raspberries fresh
- ☐ 3 cups sparkling wine chilled
- ☐ 0.3 cup vodka chilled

Equipment

Directions

- ☐ Combine cranberry juice and raspberry vodka.
- ☐ Pour mixture evenly into 4 flutes.
- ☐ Add 3/4 cup sparkling wine to each glass.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:5.13, Inflammation Score:-6, Nutrition Score:6.0939130886741%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 181.68kcal (9.08%), Fat: 0.47g (0.73%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 16.93g (5.64%), Net Carbohydrates: 12.96g (4.71%), Sugar: 12.34g (13.71%), Cholesterol: 0mg (0%), Sodium: 14.4mg (0.63%), Alcohol: 16.34g (100%), Alcohol %: 6.57% (100%), Protein: 1.09g (2.18%), Vitamin C: 21.6mg (26.18%), Manganese: 0.4mg (20.1%), Fiber: 3.96g (15.85%), Magnesium: 34.69mg (8.67%), Vitamin E: 1.28mg (8.54%), Potassium: 295.21mg (8.43%), Vitamin K: 7.91µg (7.53%), Iron: 1.28mg (7.12%), Copper: 0.11mg (5.49%), Phosphorus: 52.92mg (5.29%), Vitamin B6: 0.1mg (5.06%), Folate: 15µg (3.75%), Calcium: 35.99mg (3.6%), Vitamin B2: 0.05mg (3.11%), Zinc: 0.46mg (3.05%), Vitamin B3: 0.59mg (2.97%), Vitamin B5: 0.2mg (1.97%), Vitamin B1: 0.03mg (1.71%)