



Cranberry-Açaí Spritzer



Gluten Free



Dairy Free

READY IN



4 min.

SERVINGS



4

CALORIES



132 kcal

BEVERAGE

DRINK

Ingredients

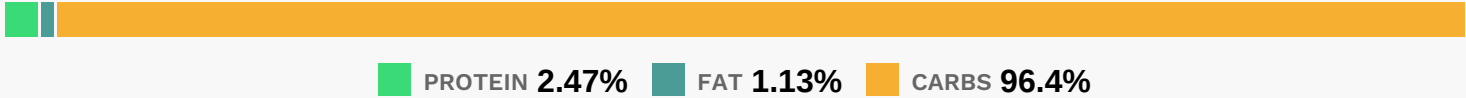
- ☐ 10.5 ounce açai juice organic (such as Sambazon Original Blend)
- ☐ 2 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 12 ounce ginger ale canned
- ☐ 1 tablespoon juice of lime fresh

Equipment

Directions

- ☐
- Combine first 3 ingredients in a 1 1/2-quart pitcher. Slowly add ginger ale.
- ☐
- Serve over ice, and garnish with lime slices, if desired.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:13.27, Inflammation Score:-2, Nutrition Score:2.8134782555635%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 132.19kcal (6.61%), Fat: 0.17g (0.26%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 32.02g (10.67%), Net Carbohydrates: 31.88g (11.59%), Sugar: 30.51g (33.9%), Cholesterol: 0mg (0%), Sodium: 11.71mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Vitamin C: 14.15mg (17.15%), Vitamin E: 1.53mg (10.18%), Vitamin K: 6.47µg (6.17%), Copper: 0.09mg (4.29%), Iron: 0.7mg (3.91%), Potassium: 126.29mg (3.61%), Vitamin B6: 0.07mg (3.36%), Calcium: 32.11mg (3.21%), Vitamin A: 153.4IU (3.07%), Magnesium: 8.74mg (2.19%), Phosphorus: 16.97mg (1.7%), Vitamin B2: 0.02mg (1.37%), Zinc: 0.17mg (1.15%)