

Cranberry Cooler



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



191 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 quart cranberry juice cocktail
- ☐ 4 servings ice cubes
- ☐ 0.3 cup juice of lemon
- ☐ 1 cup orange juice
- ☐ 1 cup pineapple juice
- ☐ 1 cup water

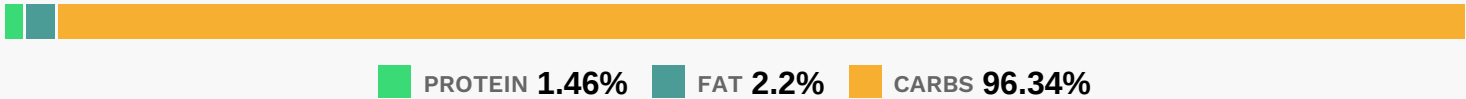
Equipment

- ☐ bowl

Directions

- ☐ Combine first 5 ingredients in a large bowl; chill thoroughly.
- ☐ Pour cranberry cooler over ice in serving glasses.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:25.89, Inflammation Score:-6, Nutrition Score:8.077826095664%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.97mg, Peonidin: 0.97mg, Peonidin: 0.97mg, Peonidin: 0.97mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 10.35mg, Hesperetin: 10.35mg, Hesperetin: 10.35mg, Hesperetin: 10.35mg Naringenin: 1.61mg, Naringenin: 1.61mg, Naringenin: 1.61mg, Naringenin: 1.61mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

Nutrients (% of daily need)

Calories: 191.4kcal (9.57%), Fat: 0.48g (0.74%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 47.38g (15.79%), Net Carbohydrates: 47.08g (17.12%), Sugar: 39.76g (44.18%), Cholesterol: 0mg (0%), Sodium: 12.49mg (0.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.44%), Vitamin C: 144.85mg (175.57%), Manganese: 0.42mg (21.1%), Folate: 33.29µg (8.32%), Potassium: 254.77mg (7.28%), Vitamin B1: 0.09mg (6.33%), Copper: 0.11mg (5.67%), Magnesium: 18.64mg (4.66%), Vitamin B6: 0.09mg (4.66%), Vitamin E: 0.59mg (3.92%), Iron: 0.56mg (3.11%), Vitamin B5: 0.3mg (3.01%), Vitamin A: 147.1IU (2.94%), Calcium: 26.26mg (2.63%), Vitamin K: 2.6µg (2.48%), Vitamin B3: 0.48mg (2.4%), Vitamin B2: 0.03mg (2%), Phosphorus: 19.25mg (1.93%), Zinc: 0.19mg (1.26%), Fiber: 0.3g (1.21%)