



Cranberry Fizz Cocktail



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



215 kcal

BEVERAGE

DRINK

Ingredients

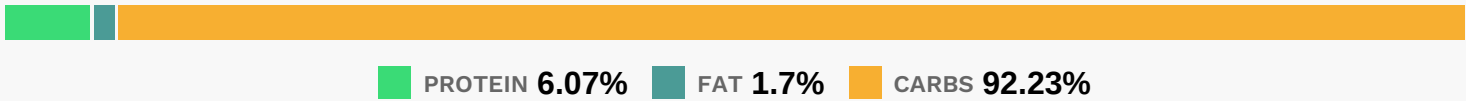
- ☐ 1 Dash citrus bitters
- ☐ 0.8 cup 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 1 pasteurized egg white slightly beaten
- ☐ 2 servings ice cubes
- ☐ 1 teaspoon juice of lime fresh
- ☐ 1.5 ounces orange liqueur
- ☐ 2 servings sugar for glass rims, optional
- ☐ 1.5 ounces vodka

Equipment

Directions

- ☐
- Place orange liqueur, vodka, cranberry juice, lime juice, egg white, dash of bitters and ice in cocktail shaker. Shake until ingredients are blended.To add sugar rim to glasses, dip rim of glass into citrus juice (orange, lemon or lime) then into shallow layer of colored sugars. Allow to dry.
- ☐
- Pour beverage into 2 glasses rimmed with sugar.

Nutrition Facts



Properties

Glycemic Index:70.55, Glycemic Load:14.81, Inflammation Score:-2, Nutrition Score:2.3717391341925%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 215.25kcal (10.76%), Fat: 0.25g (0.39%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 30.92g (10.31%), Net Carbohydrates: 30.82g (11.21%), Sugar: 30.52g (33.91%), Cholesterol: 0mg (0%), Sodium: 31.68mg (1.38%), Alcohol: 12.85g (100%), Alcohol %: 7.29% (100%), Caffeine: 5.53mg (1.84%), Protein: 2.04g (4.07%), Vitamin C: 9.57mg (11.6%), Vitamin E: 1.14mg (7.63%), Vitamin B2: 0.09mg (5.27%), Vitamin K: 4.85µg (4.62%), Selenium: 3.23µg (4.62%), Copper: 0.08mg (3.84%), Potassium: 107.26mg (3.06%), Vitamin B6: 0.05mg (2.55%), Magnesium: 8.74mg (2.19%), Phosphorus: 17.27mg (1.73%), Iron: 0.27mg (1.51%), Calcium: 11mg (1.1%)