



Cranberry Ice Cubes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



250 min.

SERVINGS



10

CALORIES



17 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cranberries sliced
- ☐ 8.4 oz 1/4 cup dried cranberry (juice sweetened if possible) canned
- ☐ 16 lemon zest thin
- ☐ 5 mint leaves fresh cut into thin strips

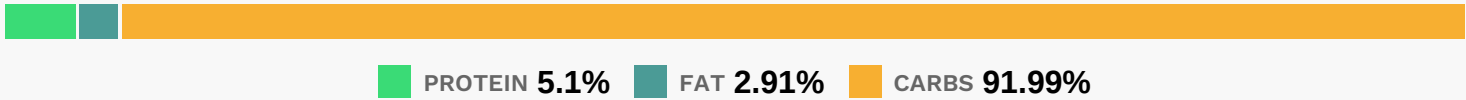
Equipment

Directions

- ☐
- Divide first 3 ingredients among each compartment of 1 ice-cube tray.

☐☐

Nutrition Facts



Properties

Glycemic Index:10.1, Glycemic Load:1.71, Inflammation Score:-1, Nutrition Score:1.6969564984674%

Flavonoids

Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 1.23mg, Peonidin: 1.23mg, Peonidin: 1.23mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 16.97kcal (0.85%), Fat: 0.07g (0.1%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 3.64g (1.33%), Sugar: 3.39g (3.77%), Cholesterol: 0mg (0%), Sodium: 1.26mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.53%), Vitamin C: 15.11mg (18.31%), Fiber: 1.17g (4.69%), Vitamin E: 0.34mg (2.29%), Calcium: 16.18mg (1.62%), Vitamin B6: 0.03mg (1.55%), Vitamin K: 1.34µg (1.28%), Copper: 0.03mg (1.25%), Potassium: 38.54mg (1.1%)