



Cranberry Juice Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



115 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cups 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 1 cup juice of lemon fresh
- ☐ 1 slices lime for garnish
- ☐ 8 servings seltzer
- ☐ 0.7 cup sugar
- ☐ 1 cup water

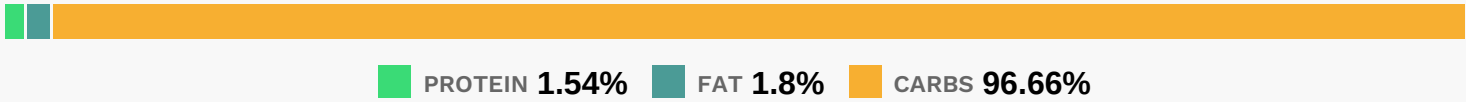
Equipment

- ☐ sauce pan

Directions

- ☐ In a small saucepan, combine the water and sugar and bring to a boil. Cook over moderate heat, stirring just until the sugar dissolves.
- ☐ Let cool.
- ☐ Fill a pitcher with the sugar syrup, cranberry juice and lime juice and chill.
- ☐ Pour into ice-filled Collins glasses about three-quarters full.
- ☐ Add seltzer and garnish with a lime slice.

Nutrition Facts



Properties

Glycemic Index:19.76, Glycemic Load:18.09, Inflammation Score:-1, Nutrition Score:2.6817391113095%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.79mg, Hesperetin: 4.79mg, Hesperetin: 4.79mg, Hesperetin: 4.79mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 114.78kcal (5.74%), Fat: 0.25g (0.39%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 30.37g (10.12%), Net Carbohydrates: 30.16g (10.97%), Sugar: 28.9g (32.11%), Cholesterol: 0mg (0%), Sodium: 4.08mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.97%), Vitamin C: 20.88mg (25.31%), Vitamin E: 1.19mg (7.91%), Vitamin K: 4.84µg (4.61%), Vitamin B6: 0.06mg (3.19%), Copper: 0.06mg (3.18%), Potassium: 105.71mg (3.02%), Magnesium: 7.88mg (1.97%), Folate: 7.12µg (1.78%), Iron: 0.28mg (1.53%), Phosphorus: 14.93mg (1.49%), Vitamin B2: 0.03mg (1.47%), Calcium: 10.81mg (1.08%), Vitamin B1: 0.02mg (1.07%)