



## Cranberry Mimosa

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 4 cups cranberry juice cocktail
- 4 cups orange juice
- 1500 milliliter sparkling wine chilled

### Equipment

### Directions

Fill 12 (12-ounce) glasses with ice; pour 1/3 cup cranberry juice into each glass. Top each serving with 1/3 cup orange juice and about 1/2 cup Champagne.

Garnish with orange slices, if desired.

## Nutrition Facts

 **PROTEIN 2.94%**  **FAT 2.48%**  **CARBS 94.58%**

### Properties

Glycemic Index:9.33, Glycemic Load:11.22, Inflammation Score:-6, Nutrition Score:6.5982607110687%

### Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

### Nutrients (% of daily need)

Calories: 143.84kcal (7.19%), Fat: 0.25g (0.38%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 21.44g (7.15%), Net Carbohydrates: 21.28g (7.74%), Sugar: 18.41g (20.46%), Cholesterol: 0mg (0%), Sodium: 11.24mg (0.49%), Alcohol: 7.98g (100%), Alcohol %: 3.47% (100%), Protein: 0.67g (1.33%), Vitamin C: 77.01mg (93.34%), Potassium: 286.87mg (8.2%), Folate: 26.05µg (6.51%), Magnesium: 22.41mg (5.6%), Vitamin B1: 0.07mg (4.96%), Iron: 0.75mg (4.16%), Vitamin A: 172.08IU (3.44%), Phosphorus: 33.6mg (3.36%), Copper: 0.06mg (2.93%), Vitamin B6: 0.06mg (2.9%), Manganese: 0.05mg (2.6%), Vitamin B3: 0.49mg (2.45%), Calcium: 22.85mg (2.28%), Vitamin B2: 0.04mg (2.19%), Vitamin B5: 0.2mg (2.01%), Vitamin E: 0.22mg (1.46%), Zinc: 0.17mg (1.11%)