



Cranberry Mimosas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 cups 1/4 cup dried cranberry (juice sweetened if possible) chilled
- 1 cup orange juice chilled
- 750 ml sparkling wine chilled (see notes)

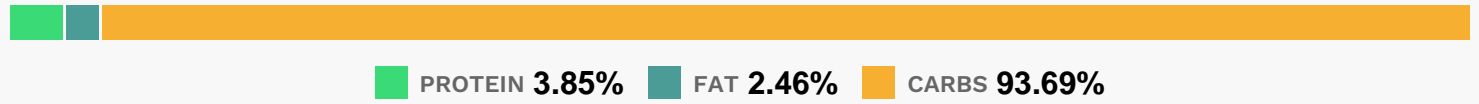
Equipment

Directions

- In a large pitcher (at least 2 1/2 qt.), combine cranberry juice, orange juice, and sparkling wine.

Serve immediately, in champagne flutes.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:8.07, Inflammation Score:-4, Nutrition Score:3.623478240293%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 103.42kcal (5.17%), Fat: 0.19g (0.29%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 15.89g (5.3%), Net Carbohydrates: 15.74g (5.72%), Sugar: 15.16g (16.84%), Cholesterol: 0mg (0%), Sodium: 8.75mg (0.38%), Alcohol: 5.99g (100%), Alcohol %: 3.46% (100%), Protein: 0.65g (1.3%), Vitamin C: 24.32mg (29.48%), Vitamin E: 1.15mg (7.67%), Potassium: 217.35mg (6.21%), Vitamin K: 4.87µg (4.64%), Magnesium: 18.45mg (4.61%), Vitamin B6: 0.08mg (4.02%), Copper: 0.08mg (3.81%), Iron: 0.67mg (3.74%), Phosphorus: 31.63mg (3.16%), Folate: 11.18µg (2.8%), Vitamin B1: 0.04mg (2.43%), Vitamin B2: 0.04mg (2.1%), Vitamin A: 104.69IU (2.09%), Calcium: 19.42mg (1.94%), Vitamin B3: 0.3mg (1.52%), Zinc: 0.19mg (1.23%)