



Cranberry-Moonshine Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



109 kcal

BEVERAGE

DRINK

Ingredients



1 serving blood orange soda italian chilled



3 tablespoons cranberry-infused moonshine



2 cups ice cubes



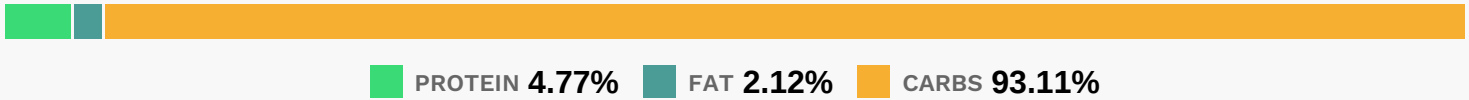
1 tablespoon orange liqueur

Equipment

Directions

- ☐
- Combine ice cubes, Cranberry-Infused Moonshine, and orange liqueur in a cocktail shaker. Cover with lid, and shake until chilled.
- ☐
- Remove lid, and strain into a chilled glass; top with chilled blood orange Italian soda.
- ☐
- Serve immediately.
- ☐
- Note: We tested with Grand Marnier for orange liqueur and Archer Farms soda.

Nutrition Facts



Properties

Glycemic Index:87.5, Glycemic Load:5.27, Inflammation Score:-6, Nutrition Score:6.6673911809921%

Flavonoids

Cyanidin: 20.6mg, Cyanidin: 20.6mg, Cyanidin: 20.6mg, Cyanidin: 20.6mg Delphinidin: 3.4mg, Delphinidin: 3.4mg, Delphinidin: 3.4mg, Delphinidin: 3.4mg Malvidin: 0.2mg, Malvidin: 0.2mg, Malvidin: 0.2mg, Malvidin: 0.2mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 21.81mg, Peonidin: 21.81mg, Peonidin: 21.81mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 1.94mg, Epicatechin: 1.94mg, Epicatechin: 1.94mg, Epicatechin: 1.94mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg, Hesperetin: 24.52mg Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg, Naringenin: 13.79mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 3.08mg, Myricetin: 3.08mg, Myricetin: 3.08mg, Myricetin: 3.08mg Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg

Nutrients (% of daily need)

Calories: 108.91kcal (5.45%), Fat: 0.21g (0.32%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 20.77g (6.92%), Net Carbohydrates: 17.02g (6.19%), Sugar: 15.14g (16.82%), Cholesterol: 0mg (0%), Sodium: 25.75mg (1.12%), Alcohol: 3.9g (100%), Alcohol %: 0.79% (100%), Caffeine: 3.9mg (1.3%), Protein: 1.07g (2.13%), Vitamin C: 54.09mg (65.56%), Fiber: 3.76g (15.03%), Manganese: 0.18mg (9.24%), Copper: 0.15mg (7.35%), Folate: 27.44µg (6.86%), Potassium: 202.89mg (5.8%), Vitamin B1: 0.08mg (5.61%), Calcium: 53.89mg (5.39%), Vitamin E: 0.75mg (4.98%), Vitamin A: 229.12IU (4.58%), Magnesium: 16.84mg (4.21%), Vitamin B6: 0.08mg (3.96%), Vitamin B5: 0.36mg (3.56%), Vitamin B2: 0.05mg (2.75%), Vitamin K: 2.22µg (2.11%), Phosphorus: 18.38mg (1.84%), Vitamin B3: 0.32mg (1.6%), Iron: 0.2mg (1.12%), Zinc: 0.15mg (1.03%)