



Cranberry-Orange Slush Cocktails



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



490 min.

SERVINGS



30

CALORIES



93 kcal

BEVERAGE

DRINK

Ingredients

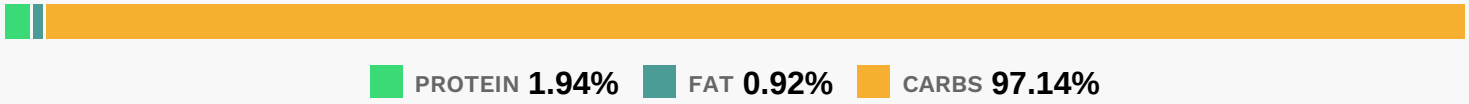
- ☐ 2 cups brandy
- ☐ 32 ounces cranberry juice cocktail
- ☐ 12 ounces cranberry juice cocktail concentrate frozen thawed canned
- ☐ 12 ounces orange juice concentrate frozen thawed canned
- ☐ 2 liter seltzer water

Equipment

Directions

- ☐ Mix all ingredients except soda pop in nonmetal container. Divide among pint containers. Cover and freeze at least 8 hours until slushy.
- ☐ For each serving, mix equal amounts of slush mixture and soda pop in glass.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:2.45, Inflammation Score:-2, Nutrition Score:2.7926086731579%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 92.87kcal (4.64%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 13.91g (4.64%), Net Carbohydrates: 13.77g (5.01%), Sugar: 11.79g (13.1%), Cholesterol: 0mg (0%), Sodium: 16.01mg (0.7%), Alcohol: 5.34g (100%), Alcohol %: 5% (100%), Protein: 0.28g (0.56%), Vitamin C: 34.43mg (41.73%), Potassium: 82.77mg (2.36%), Vitamin B1: 0.03mg (2.32%), Folate: 8.73µg (2.18%), Manganese: 0.04mg (1.97%), Vitamin B6: 0.04mg (1.76%), Vitamin B2: 0.02mg (1.42%), Magnesium: 5.51mg (1.38%), Vitamin B5: 0.13mg (1.34%)