

DRINKS

Cranberry-Orange Spritzer

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
40 min	5 min	35 min	4	\$1.32	306 kcal



Need a gluten free, dairy free, and fodmap friendly beverage? Cranberry-Orange Spritzer could be an outstanding recipe to try. This recipe serves 4. One serving contains 306 calories, 1g of protein, and 0g of fat. For \$1.32 per serving, this recipe covers 2% of your daily requirements of vitamins an...

Ingredients

- ☐ 1 cup dry white wine, optional
- ☐ 2 teaspoons orange zest
- ☐ 1 cup sugar
- ☐ ½ cup whole berry cranberry sauce
- ☐ 1 lemon, cut into wedges
- ☐ 3 cups seltzer water
- ☐ 1 cup water

EQUIPMENT Sauce pan

Method

- 1 In a medium saucepan, heat the sugar, cranberry sauce, orange zest, and water over medium heat until it comes to a boil. Simmer for 3 minutes and then remove from the heat. Allow to sit for at least 30 minutes, then chill.
- 2 Place ice into 4 glasses; pour 1/4 cup cranberry syrup into each glass.
- 3 Add 1/4 cup white wine, if using, the juice from a wedge of lemon and 3/4 cup seltzer to each glass.

Nutrition per serving

306	1 g	0 g	68 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0 g · 0% of daily needs
Fibre			1.3 g · 5% of daily needs
Sugar			62.3 g · 69% of daily needs
Sodium			46 mg · 2% of daily needs
Cholesterol			0 mg · 0% of daily needs
Vitamin C			16 mg · 19% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/cranberry-orange-spritzer-148505