



Cranberry-Orange Spritzers



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



2 min.

SERVINGS



8

CALORIES



122 kcal

BEVERAGE

DRINK

Ingredients

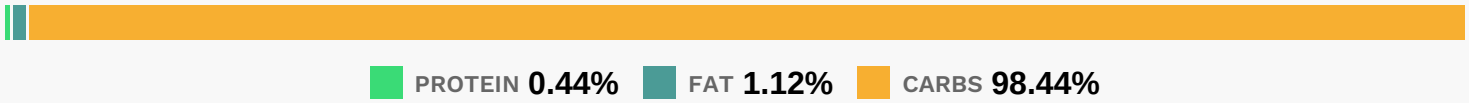
- ☐ 4.5 cups cranberry juice cocktail chilled reduced-calorie
- ☐ 3.5 cups lemon-lime carbonated beverage chilled such as Sprite Zero
- ☐ 3 tablespoons orange juice

Equipment

Directions

- ☐
- Combine juices in a large pitcher. Cover and chill. Stir in lemon–lime beverage just before serving.
- ☐
- Serve over crushed ice.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:11.87, Inflammation Score:–3, Nutrition Score:4.002608773663%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 0.58mg, Peonidin: 0.58mg, Peonidin: 0.58mg, Peonidin: 0.58mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 122.05kcal (6.1%), Fat: 0.16g (0.24%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 30.63g (10.21%), Net Carbohydrates: 30.62g (11.13%), Sugar: 27.99g (31.1%), Cholesterol: 0mg (0%), Sodium: 13.23mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 15.49mg (5.16%), Protein: 0.14g (0.28%), Vitamin C: 63.39mg (76.83%), Manganese: 0.07mg (3.46%), Vitamin E: 0.32mg (2.1%), Vitamin K: 1.43µg (1.36%)