



Cranberry-Raspberry Spritzer

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



26 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup crème de cassis black divided currant-flavored (liqueur)
- 3 cups cranberry-raspberry drink chilled
- 3 cups seltzer water unsweetened chilled raspberry-flavored

Equipment

Directions

Combine the sparkling water and cranberry-raspberry drink in a pitcher; stir well. Spoon 1 tablespoon crme de cassis in each of 6 glasses; add 1 cup juice mixture.

Note: For a nonalcoholic version, omit the crme de cassis--the recipe works fine without it.

Nutrition Facts

PROTEIN 4.1% **FAT 2.63%** **CARBS 93.27%**

Properties

Glycemic Index:7.5, Glycemic Load:1.89, Inflammation Score:-2, Nutrition Score:2.5134782250161%

Flavonoids

Cyanidin: 26.13mg, Cyanidin: 26.13mg, Cyanidin: 26.13mg, Cyanidin: 26.13mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 8.02mg, Delphinidin: 8.02mg, Delphinidin: 8.02mg, Delphinidin: 8.02mg Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg, Malvidin: 0.22mg Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg, Pelargonidin: 0.21mg Peonidin: 24.61mg, Peonidin: 24.61mg, Peonidin: 24.61mg, Peonidin: 24.61mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 3.6mg, Myricetin: 3.6mg, Myricetin: 3.6mg, Myricetin: 3.6mg Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg, Quercetin: 7.63mg

Nutrients (% of daily need)

Calories: 25.94kcal (1.3%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 6.72g (2.24%), Net Carbohydrates: 4.92g (1.79%), Sugar: 2.13g (2.37%), Cholesterol: 0mg (0%), Sodium: 25.94mg (1.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.59%), Vitamin C: 15.45mg (18.72%), Manganese: 0.19mg (9.66%), Fiber: 1.8g (7.2%), Vitamin E: 0.71mg (4.71%), Vitamin K: 2.5µg (2.38%), Copper: 0.04mg (1.96%), Vitamin B5: 0.17mg (1.66%), Potassium: 57.39mg (1.64%), Vitamin B6: 0.03mg (1.58%), Magnesium: 5.3mg (1.33%), Calcium: 12.48mg (1.25%), Zinc: 0.18mg (1.17%), Iron: 0.2mg (1.1%)