

Cranberry Spritzer



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



1376 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 ounce cranberries fresh
- ☐ 1 teaspoon rosemary fresh finely chopped
- ☐ 1 serving ginger ale
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup orange juice fresh
- ☐ 1 teaspoon orange rind grated
- ☐ 1.5 cups sugar
- ☐ 2 cups water

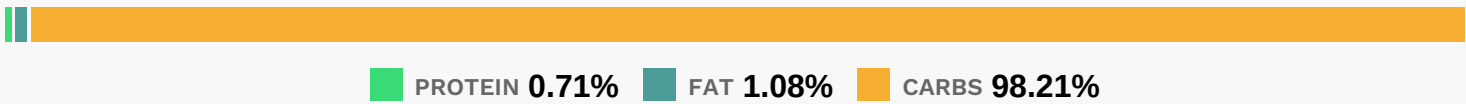
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine water and cranberries in a large saucepan. Bring to a boil over high heat; boil 8 to 10 minutes or until skins pop.
- ☐ Remove from heat. Process cranberries, in batches, in a food processor until coarsely pureed. Press pureed cranberries through a wire-mesh strainer into a bowl, discarding solids.
- ☐ Add sugar and remaining 4 ingredients to cranberry puree, stirring until sugar dissolves.
- ☐ Cover and freeze until firm.
- ☐ To serve, remove from freezer and thaw.
- ☐ Mix with ginger ale or seltzer.

Nutrition Facts



Properties

Glycemic Index:230.09, Glycemic Load:228.92, Inflammation Score:-8, Nutrition Score:17.514782646428%

Flavonoids

Cyanidin: 157.95mg, Cyanidin: 157.95mg, Cyanidin: 157.95mg, Cyanidin: 157.95mg Delphinidin: 26.09mg, Delphinidin: 26.09mg, Delphinidin: 26.09mg, Delphinidin: 26.09mg Malvidin: 1.5mg, Malvidin: 1.5mg, Malvidin: 1.5mg, Malvidin: 1.5mg Pelargonidin: 1.09mg, Pelargonidin: 1.09mg, Pelargonidin: 1.09mg, Pelargonidin: 1.09mg Peonidin: 167.24mg, Peonidin: 167.24mg, Peonidin: 167.24mg, Peonidin: 167.24mg Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg, Catechin: 1.33mg Epigallocatechin: 2.52mg, Epigallocatechin: 2.52mg, Epigallocatechin: 2.52mg, Epigallocatechin: 2.52mg Epicatechin: 14.87mg, Epicatechin: 14.87mg, Epicatechin: 14.87mg, Epicatechin: 14.87mg Epigallocatechin 3-gallate: 3.3mg, Epigallocatechin 3-gallate: 3.3mg, Epigallocatechin 3-gallate: 3.3mg, Epigallocatechin 3-gallate: 3.3mg Eriodictyol: 1.67mg, Eriodictyol: 1.67mg, Eriodictyol: 1.67mg, Eriodictyol: 1.67mg Hesperetin: 19.16mg, Hesperetin: 19.16mg, Hesperetin: 19.16mg, Hesperetin: 19.16mg Naringenin: 3.09mg,

Naringenin: 3.09mg, Naringenin: 3.09mg, Naringenin: 3.09mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 22.62mg, Myricetin: 22.62mg, Myricetin: 22.62mg, Myricetin: 22.62mg Quercetin: 50.91mg, Quercetin: 50.91mg, Quercetin: 50.91mg, Quercetin: 50.91mg

Nutrients (% of daily need)

Calories: 1376.3kcal (68.82%), Fat: 1.73g (2.66%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 355.2g (118.4%), Net Carbohydrates: 342.39g (124.5%), Sugar: 325.19g (361.32%), Cholesterol: 0mg (0%), Sodium: 35.16mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Vitamin C: 123.98mg (150.28%), Manganese: 1.26mg (62.94%), Fiber: 12.81g (51.24%), Vitamin E: 4.59mg (30.6%), Copper: 0.35mg (17.44%), Vitamin K: 17.13µg (16.32%), Potassium: 561.97mg (16.06%), Vitamin B6: 0.26mg (13.06%), Vitamin B5: 1.29mg (12.89%), Folate: 47.31µg (11.83%), Vitamin B1: 0.16mg (10.8%), Magnesium: 41.12mg (10.28%), Vitamin B2: 0.17mg (9.92%), Vitamin A: 465.24IU (9.3%), Iron: 1.23mg (6.83%), Calcium: 63.42mg (6.34%), Phosphorus: 61.39mg (6.14%), Vitamin B3: 0.89mg (4.43%), Selenium: 2.32µg (3.31%), Zinc: 0.47mg (3.11%)