



Cranberry Spritzers



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



276 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 24 ounce cranberry juice cocktail concentrate frozen undiluted thawed canned
- ☐ 1 slices garnish: lemon
- ☐ 4 slices optional: lemon
- ☐ 4 slices lime
- ☐ 4 slices cranberry-orange relish
- ☐ 46 ounce sparkling mineral water orange-flavored chilled

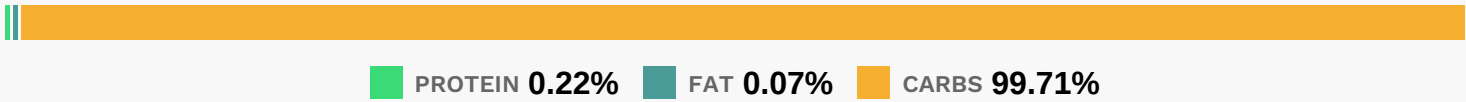
Equipment

- ☐ slotted spoon

Directions

- ☐ Combine first 4 ingredients in a large pitcher; cover and chill 8 hours or overnight.
- ☐ Remove fruit with a slotted spoon, and discard. Stir mineral water into cranberry juice.
- ☐ Garnish with lemon slices, if desired.
- ☐ * 2 (750–milliliter) bottles chilled champagne may be substituted for sparkling mineral water.

Nutrition Facts



Properties

Glycemic Index:25.1, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:5.425652033123%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 2.52mg, Hesperetin: 2.52mg, Hesperetin: 2.52mg, Hesperetin: 2.52mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 276.16kcal (13.81%), Fat: 0.02g (0.04%), Saturated Fat: 0g (0.02%), Carbohydrates: 70.84g (23.61%), Net Carbohydrates: 70.33g (25.58%), Sugar: 58.1g (64.55%), Cholesterol: 0mg (0%), Sodium: 8.21mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.32%), Vitamin C: 66.69mg (80.84%), Manganese: 0.19mg (9.64%), Vitamin B5: 0.68mg (6.8%), Calcium: 53.89mg (5.39%), Vitamin B6: 0.07mg (3.66%), Vitamin B2: 0.05mg (2.67%), Iron: 0.46mg (2.53%), Vitamin B1: 0.04mg (2.34%), Potassium: 78.6mg (2.25%), Fiber: 0.51g (2.04%), Magnesium: 7.49mg (1.87%), Copper: 0.03mg (1.53%)