

Crantinis



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

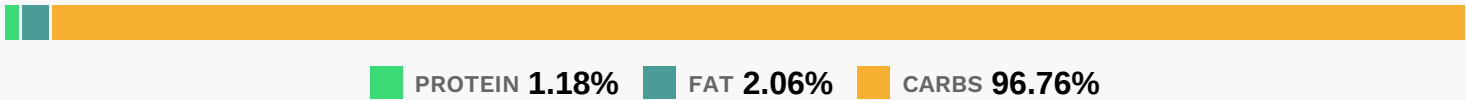
- ☐ 1 cup cranberry juice cocktail
- ☐ 0.5 cup vodka plain
- ☐ 0.3 cup orange juice
- ☐ 1 teaspoon juice of lime fresh
- ☐ 1 serving cranberries fresh
- ☐ 1 slices lime

Equipment

Directions

- ☐ Fill martini shaker or 3-cup covered container half full with ice.
- ☐ Add all ingredients except cranberries and lime slices; cover and shake.
- ☐ Pour into martini or tall stemmed glasses, straining the ice.
- ☐ Garnish glasses with fresh cranberries and lime slices on picks.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:6, Inflammation Score:-3, Nutrition Score:2.4560868973317%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 2.72mg, Hesperetin: 2.72mg, Hesperetin: 2.72mg, Hesperetin: 2.72mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 111.38kcal (5.57%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 10.38g (3.77%), Sugar: 8.89g (9.88%), Cholesterol: 0mg (0%), Sodium: 1.78mg (0.08%), Alcohol: 10.02g (100%), Alcohol %: 11.34% (100%), Protein: 0.13g (0.25%), Vitamin C: 35.42mg (42.94%), Manganese: 0.03mg (1.69%), Potassium: 43.6mg (1.25%), Folate: 4.92µg (1.23%), Vitamin B1: 0.02mg (1.09%), Vitamin E: 0.16mg (1.03%)