



## Crantinis



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



112 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

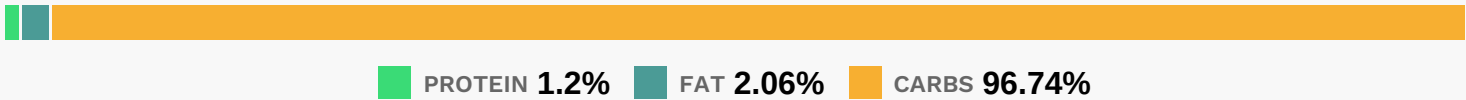
- ☐ 4 servings cranberries fresh
- ☐ 1 cup cranberry juice cocktail
- ☐ 1 slices lime
- ☐ 1 teaspoon juice of lime fresh
- ☐ 0.3 cup orange juice
- ☐ 0.5 cup vodka plain

## 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:6.03, Inflammation Score:-3, Nutrition Score:2.4821739047766%

## Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg 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: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

## Nutrients (% of daily need)

Calories: 111.73kcal (5.59%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 10.56g (3.52%), Net Carbohydrates: 10.44g (3.8%), Sugar: 8.92g (9.91%), Cholesterol: 0mg (0%), Sodium: 1.8mg (0.08%), Alcohol: 10.02g (100%), Alcohol %: 11.26% (100%), Protein: 0.13g (0.26%), Vitamin C: 35.53mg (43.07%), Manganese: 0.04mg (1.82%), Potassium: 44.2mg (1.26%), Folate: 4.93µg (1.23%), Vitamin E: 0.17mg (1.1%), Vitamin B1: 0.02mg (1.09%)