

Crantinis



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

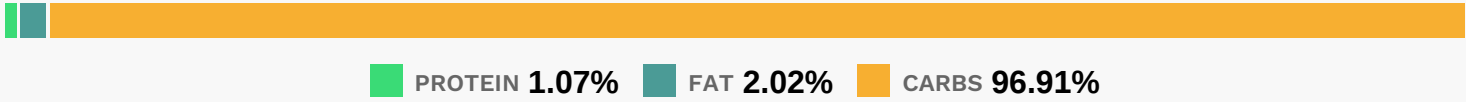
- ☐ 1 cup cranberry juice cocktail
- ☐ 1 teaspoon juice of lime fresh
- ☐ 0.3 cup orange juice
- ☐ 0.5 cup vodka plain

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:31.75, Glycemic Load:5.95, Inflammation Score:-3, Nutrition Score:2.3865216905656%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg 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: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 110.74kcal (5.54%), Fat: 0.1g (0.15%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 10.26g (3.42%), Net Carbohydrates: 10.22g (3.72%), Sugar: 8.85g (9.83%), Cholesterol: 0mg (0%), Sodium: 1.75mg (0.08%), Alcohol: 10.02g (100%), Alcohol %: 11.55% (100%), Protein: 0.11g (0.23%), Vitamin C: 34.88mg (42.28%), Manganese: 0.03mg (1.64%), Potassium: 41.62mg (1.19%), Folate: 4.78µg (1.19%), Vitamin B1: 0.02mg (1.05%)