



Cynar and Vermouth Cocktails

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



73 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 cups seltzer water chilled
- 6 servings cranberry-orange relish thin
- 1 cup orange juice fresh
- 6 tablespoons mirin sweet

Equipment

Directions

Stir together Cynar, vermouth, and orange juice in a pitcher. Divide among 6 (12-ounce) glasses filled with ice cubes, then top off drinks with club soda.

Nutrition Facts

PROTEIN 6.72% **FAT 2.52%** **CARBS 90.76%**

Properties

Glycemic Index:15.75, Glycemic Load:5.79, Inflammation Score:-6, Nutrition Score:6.614782454203%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 29.46mg, Hesperetin: 29.46mg, Hesperetin: 29.46mg, Hesperetin: 29.46mg Naringenin: 14.67mg, Naringenin: 14.67mg, Naringenin: 14.67mg, Naringenin: 14.67mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 72.9kcal (3.64%), Fat: 0.19g (0.29%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 15.48g (5.16%), Net Carbohydrates: 13.24g (4.81%), Sugar: 11.89g (13.21%), Cholesterol: 0mg (0%), Sodium: 12.83mg (0.56%), Alcohol: 1.42g (100%), Alcohol %: 0.88% (100%), Protein: 1.15g (2.29%), Vitamin C: 68.55mg (83.09%), Folate: 39.4µg (9.85%), Fiber: 2.24g (8.97%), Vitamin B1: 0.12mg (7.7%), Potassium: 246.75mg (7.05%), Vitamin A: 285.17IU (5.7%), Calcium: 43.5mg (4.35%), Vitamin B6: 0.07mg (3.53%), Magnesium: 14.14mg (3.53%), Copper: 0.06mg (3.11%), Vitamin B5: 0.3mg (3.04%), Vitamin B2: 0.05mg (2.85%), Vitamin B3: 0.42mg (2.1%), Phosphorus: 19.63mg (1.96%), Manganese: 0.03mg (1.44%), Vitamin E: 0.18mg (1.19%)