

Double-O Seven

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



1 min.

SERVINGS



1

CALORIES



202 kcal

BEVERAGE

DRINK

Ingredients

- 2 fluid ounces 1/4 cup dried cranberry (juice sweetened if possible)
- 3 fluid ounces lemon lime soda flavored
- 1 slice lime
- 2 fluid ounces rum lemon flavored

Equipment

Directions

In a tall glass over ice, combine rum, lemon-lime soda and cranberry juice.

Garnish with a slice of lime.

Nutrition Facts

PROTEIN 2.02% **FAT 1.15%** **CARBS 96.83%**

Properties

Glycemic Index:103, Glycemic Load:4.18, Inflammation Score:-3, Nutrition Score:1.4152174096393%

Flavonoids

Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 202.29kcal (10.11%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 17.19g (5.73%), Net Carbohydrates: 16.94g (6.16%), Sugar: 16.31g (18.13%), Cholesterol: 0mg (0%), Sodium: 10.79mg (0.47%), Alcohol: 19.75g (100%), Alcohol %: 11.7% (100%), Caffeine: 13.31mg (4.44%), Protein: 0.36g (0.72%), Vitamin C: 7.54mg (9.14%), Vitamin E: 0.73mg (4.83%), Vitamin K: 3.06µg (2.91%), Copper: 0.05mg (2.47%), Vitamin B6: 0.03mg (1.72%), Potassium: 54.75mg (1.56%), Iron: 0.23mg (1.28%), Magnesium: 4.86mg (1.21%), Phosphorus: 11.31mg (1.13%), Fiber: 0.26g (1.02%)