



Dreamscape Cocktail



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



249 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup 1/4 cup dried cranberry (juice sweetened if possible) white chilled
- ☐ 4 servings ice cubes
- ☐ 1 cup pink lemonade chilled
- ☐ 8 mint sprigs
- ☐ 0.5 pint raspberries
- ☐ 1 cup rum white
- ☐ 12 ounce seltzer water chilled canned
- ☐ 8 strawberries

☐ 1 tablespoon sugar

Equipment

☐ wooden spoon

Directions

- ☐ Watch how to make this recipe.
- ☐ Slice the tops off of the strawberries and slice them in half.
- ☐ Remove the leaves from 4 of the mint sprigs. In a pitcher, combine the sliced strawberries, mint leaves and sugar, and muddle with a muddler or wooden spoon until the strawberries are mashed.
- ☐ Add the raspberries and lightly mash but leaving them somewhat intact.
- ☐ Add the cranberry juice, lemonade and rum, and stir to combine.
- ☐ Add the seltzer and stir.
- ☐ Pour into 4 glasses filled with ice and garnish each with a sprig of mint.

Nutrition Facts



Properties

Glycemic Index:67.9, Glycemic Load:12.58, Inflammation Score:-5, Nutrition Score:6.9613043497438%

Flavonoids

Cyanidin: 27.47mg, Cyanidin: 27.47mg, Cyanidin: 27.47mg, Cyanidin: 27.47mg Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg, Delphinidin: 0.86mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 6.54mg, Pelargonidin: 6.54mg, Pelargonidin: 6.54mg, Pelargonidin: 6.54mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg

Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg
Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg,
Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin:
0.01mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg Gallocatechin: 0.01mg,
Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 249.01kcal (12.45%), Fat: 0.57g (0.87%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 27.37g (9.12%), Net
Carbohydrates: 22.82g (8.3%), Sugar: 21.41g (23.79%), Cholesterol: 0mg (0%), Sodium: 27.75mg (1.21%), Alcohol:
20.04g (100%), Alcohol %: 6.17% (100%), Protein: 1.19g (2.38%), Vitamin C: 36.13mg (43.79%), Manganese: 0.52mg
(26.21%), Fiber: 4.55g (18.19%), Vitamin E: 1.34mg (8.95%), Vitamin K: 8.37µg (7.97%), Copper: 0.13mg (6.65%),
Magnesium: 22.94mg (5.73%), Potassium: 189.08mg (5.4%), Folate: 21.09µg (5.27%), Iron: 0.8mg (4.45%), Vitamin
B6: 0.08mg (3.99%), Phosphorus: 35mg (3.5%), Calcium: 34.51mg (3.45%), Zinc: 0.48mg (3.22%), Vitamin B2:
0.05mg (2.79%), Vitamin B3: 0.55mg (2.73%), Vitamin A: 135.82IU (2.72%), Vitamin B1: 0.04mg (2.37%), Vitamin B5:
0.23mg (2.31%)