



Fire-Engine Red Cranberry-Raspberry Spritzer



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



119 kcal

BEVERAGE

DRINK

Ingredients

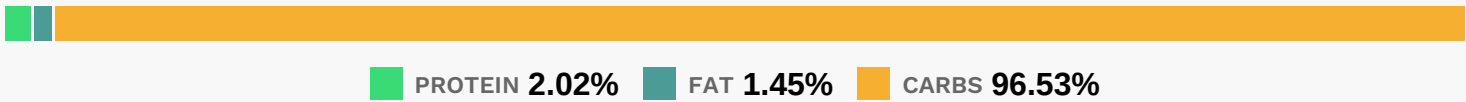
- ☐ 5 cups 1/4 cup dried cranberry (juice sweetened if possible) refrigerated canned
- ☐ 0.7 cup grenadine syrup
- ☐ 5 oz optional: lemon rinsed thinly sliced (ends discarded)
- ☐ 5 cups mineral water chilled (see notes)

Equipment

Directions

- ☐
- In a 3- to 3 1/2-quart glass pitcher, mix juice blend and grenadine.
- ☐
- Pour in mineral water and add lemon slices.
- ☐
- Pour into tall, ice-filled glasses (at least 12 oz.).

Nutrition Facts



Properties

Glycemic Index:18.15, Glycemic Load:23.08, Inflammation Score:-2, Nutrition Score:3.060434822803%

Flavonoids

Eriodictyol: 3.03mg, Eriodictyol: 3.03mg, Eriodictyol: 3.03mg, Eriodictyol: 3.03mg Hesperetin: 3.95mg, Hesperetin: 3.95mg, Hesperetin: 3.95mg, Hesperetin: 3.95mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 119.47kcal (5.97%), Fat: 0.21g (0.32%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 31.03g (10.34%), Net Carbohydrates: 30.5g (11.09%), Sugar: 25.59g (28.44%), Cholesterol: 0mg (0%), Sodium: 9.76mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Vitamin C: 19.28mg (23.37%), Vitamin E: 1.54mg (10.26%), Vitamin K: 6.45µg (6.14%), Copper: 0.08mg (4.02%), Vitamin B6: 0.08mg (3.86%), Potassium: 122.94mg (3.51%), Calcium: 31.68mg (3.17%), Magnesium: 9.58mg (2.39%), Iron: 0.41mg (2.29%), Fiber: 0.52g (2.09%), Phosphorus: 19.57mg (1.96%), Vitamin B2: 0.03mg (1.63%), Vitamin A: 60.04IU (1.2%), Vitamin B1: 0.02mg (1.14%), Zinc: 0.16mg (1.08%)